

PRESS FORWARD CLIENT NEWSPAPER

Quarterly Newspaper Summer 2022

SUMMER FUN!



• Anjula E.

This issue, we’re focusing on Day Trips! There are a variety of places our Newspaper Team have gone, snapped photos, and written up articles to describe the trips. Some are free, some have a cost, some close by, and others further away. Some are discounted for Access 2 Entertainment Card holders, or provide free admission for a support person. The important thing is there are places and activities for everyone to discover in this issue!



Day Trips—Deals on Admission!

• Alanna R.

The award-winning ACCESS 2 ENTERTAINMENT CARD program was launched in 2004. It was designed to allow individuals with limited abilities, accessibility to entertainment, cultural, and recreational activities.

We all love events that take us away from our daily grind of rehabilitative activities. This program encourages social and community involvement by admitting BOTH the card-holder, and their support individual into the event for the price of a single visitor.

What activities are included?

Movies at theatres are included. There are also MANY additional options, including Toronto Zoo and Ripley’s Aquarium. **Some places require you to call ahead to reserve your ticket for entrance.**

For a full list of events and locations, search the website:

<https://access2card.ca/>

How do I get the Access 2 Entertainment Card?

1. Fill out the application form. This can be found online. Please note you will require authorization from a healthcare professional.
2. Pay for your card. If you are able to, the website highly recommends paying online, as you will receive your card much faster. The cost is \$20 for 3 years or \$30 for 5 years.
3. Submit your application. This can be done online.

Our Name

We chose the name “Press Forward” because of its connotations of perseverance during struggles, because “Forward” is part of the organization’s name, and because we are “Press”, publishing a newspaper.



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Ripley's Aquarium

• Digna F.



If you fancy a fun and illuminating activity on colorful aquatic resources (like anemones, exotic fishes, sharks, whales, stingrays, jellyfishes, crabs, lobsters, shrimps, rocks, corals, turtles) you may want to go to Ripley's Aquarium of Canada. This is conveniently located in the heart of downtown Toronto, next to the CN Tower and Rogers Centre. The address is 288 Bremner Boulevard.



If you are taking public transit, Union Station is the closest stop. From there, go to Concourse Hall and toward the Skywalk. Once you reach the end of the Skywalk make a left outside (for just for a little while) then you'll see the building.

If you go by car, there is ample parking available in several underground parking garages nearby and surface parking lots. If you choose to pre-book your parking, you get special rates, peace of mind, convenience and the ability to plan your visit better.

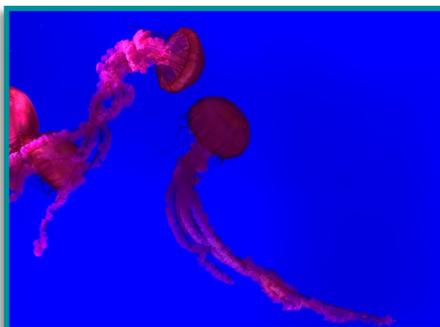


Ripley's Aquarium of Canada is designated as a Certified Autism Center by the International Board of Credentialing and Continuing Education Standards (IBCCES). It is also part of the [Access 2 Entertainment program](#), which is a good thing for patrons with disabilities. (The Access 2 Entertainment card program provides people with disabilities who require the support of an attendant with a free or discounted admission for their attendant at virtually all movie theatres and select entertainment venues across the country).



The Aquarium provides a world class experience that promotes education, conservation and research while providing fun and entertainment to everyone.

The aquarium showcases 20,000 aquatic animals and shows off more than 5.7 million litres of water, making it North America's longest underwater viewing tunnel.



There are several touch exhibits featuring scarlet cleaner shrimp and sting-rays. This attraction showcases a cross section of saltwater and freshwater environments from around the world, starting with species from Toronto's backyard, the Great Lakes basin.

It takes about 3 hours to tour the aquarium and they allow patrons to take photos/videos for personal use only. The Aquarium is open daily from 10 am to 8 pm. Tickets can be purchased through their website. Ticket prices excluding taxes are: Adult (14 +): \$43; Youth (6-13): \$29; Child (3-5): \$12.50; Senior (65+): \$29



You can save time and money when you buy Timed Tickets online. This means you enter during your selected time slot and stay as long as you wish within operating hours. Tickets can be purchased in advance for a next day visit and onwards. You don't have to print out the tickets. Just download the tickets on your phone, displaying the barcode.

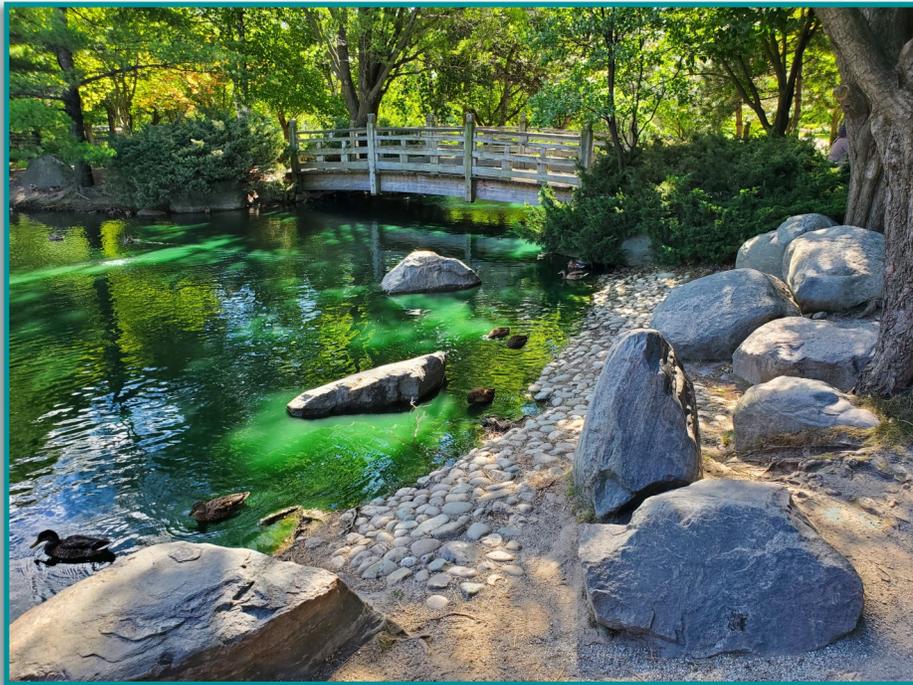
If you decide to go there, plan well and go with people you love and have fun exploring the aquatic world and creating memories.



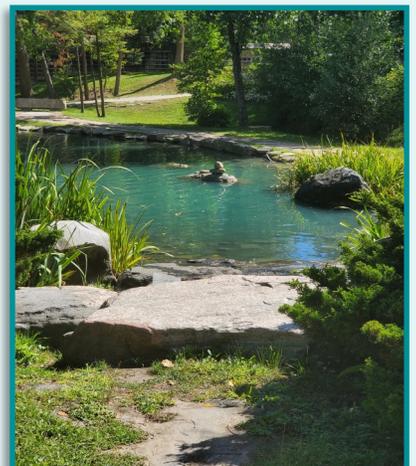
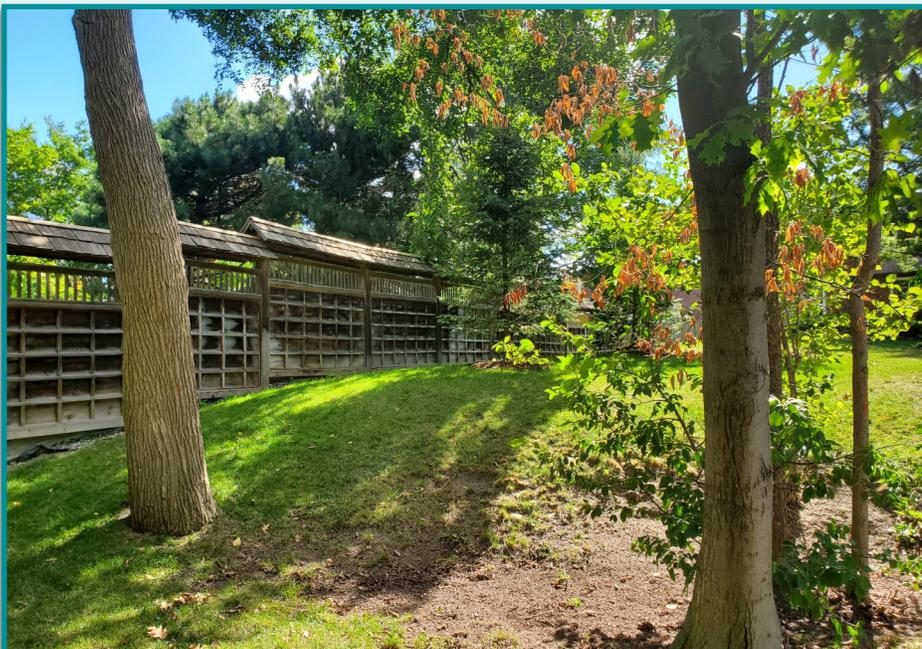
Being so close with the sharks on a safe environment is so surreal and rewarding. The fee is totally worth it! Just check the website for the latest updates and information: <https://www.ripleyaquariums.com/Canada>

Kariya Park

• Anjula E.



Right near Square One, in downtown Mississauga, Kariya park provides the perfect daytrip for those who would like to feel like they are outside the city, while not wondering too far from home. Since I walked there, I'm unaware of the parking situation. My trip there was calm and relaxing, and it was a nice quiet place to have a conversation. As well as wandering the small area, there were places for us to sit. Since there is a Starbucks nearby (at the Delta-Marriot), it was definitely the perfect walking trip!



*Kariya Park is a wonderful option for a daytrip to calm, serene surroundings.
Other visitors to the park were respectful of the quiet, thoughtful atmosphere.*



Optical Illusions

Focus on the area to the right of the sword handle as you view each photo,
and you'll see that the big picture is made up of little photos!

1



2



3



4



*In life, when all we see are the little pictures, we ignore the fact that there is a bigger picture.
It's important to remember that life is a series of steps, and this series of photos brings that to mind!*

Lakefront Park & Marina

• Anna B.



Lakefront Park and Marina is located at 135 Lakefront Promenade, Mississauga. The marina has 175 slips for both seasonal and transient boaters. It currently has a five-star anchor rating for environmental practices from Boating Ontario. It is located 4 km east of Port Credit in a protected harbour, near Lakefront Promenade Park.



My daughter, Larissa, and I saw a mother swan floating around the Marina followed by her five baby swans, or cygnets. We saw the different flags of the various countries, so it was interesting seeing all these flags. We walked along the park, and entered the marina where we watched this family of swans – a father swan who was much bigger than the mother swan. Her baby swans are called cygnets, and the five cygnets followed the mother swan right beside or behind her. We saw all the own-



ers of the various yachts and boats enjoying life in the marina. I enjoyed spending time with my daughter, and we enjoyed watching the swan family.



Memorable Moments!



Medieval Times

• Jessica B.



I went to Medieval Times with my cousin Aubrey and Michael, it was a lot of fun and I can't wait to do that again. When you go to Medieval Times they sit you in a section with different kingdom colours, and the colour you are in means that is your knight for the evening!



Ours was the blue kingdom since you can see the blue knight in my pictures. You also get a crown to match the colour of your knight and a mug that you get to keep. As you can see Aubrey is holding a rose that was given to her by our knight.

During the show the knights joust on their horses and they wear protective clothing. They wear a helmet that covers their face to protect their face and head. They use a lance for their weapon to joust with. The winner is the one who is left sitting on their horse, since they knocked the other knight off their horse using the lance. The knights face each other on their horse, and they gallop towards each other using the lance to knock their opponent off. The knights also compete in hand to hand combat using a shield and a sword. The photo of the next page has a picture of two knights in combat. It was very exciting! I was very happy because our knight won at the end of the evening!!



At the end of the show you can go through the gift shop. You can also explore the castle and you will see suits of armours on display and other medieval artifacts from the 11th century. When I went through the gift shop I got a Medieval Times sword. Aubrey has one of the swords in her hand in the first picture on the left. They also have a torture museum but I didn't see it, since Aubrey was too young.



When you go to Medieval Times they feed you dinner, however they don't give you any cutlery, so you have to eat with your hands. They give you chicken, corn, garlic bread, tomato soup and potato. The food comes on metal plates not glass, just like they would use in the 11th century. It was a lot of fun to eat with your hands and drink the soup from the bowl! I would recommend taking wet wipes to clean your hands after you eat.

Great Memories!

When we were at Medieval times we took a really nice photo with a Medieval times background to remember our afternoon adventure! Here is the photo to the right.

It costs \$69.95 to go to Medieval Times for adults and \$47.95 for children (Access 2 Entertainment Card gives an additional discount). It was totally worth the expense!

Medieval Times accepts the [Access 2 Entertainment Card](#), offering a 25% discount for adults, and 20% discount for children. **Tickets must be purchased ahead of time.**



PEOPLE & PROGRAMS

Our Talented Creators

Interests, Hobbies, and More

When people find something to be passionate about, it helps to uplift their spirits and to propel them further in recovery.

For this issue, our “People & Programs” section focuses on the talented “Creators” of Mind Forward. We hope they provide inspiration for others, and give them ideas for future hobbies and interests!

If you would like your talent or interest to be featured in an upcoming issue of “Press Forward”, just let us know!



In It for the Long Haul

Robin's Story

- Interviewed by Nigel & the Team
- Written by Anjula

As a long-haul trucker for 30 years, Robin was working more than 90 hours a week, working for a large carrier. He hauled for the military and various companies, carrying large loads of steel and other materials that were hazardous to secure. Add to that the dangers on the road, and he was experiencing an overwhelming amount of pressure, living on the edge. Going up to 48 hours without sleep, and struggling with two medical conditions, put him at risk healthwise. However, he kept pushing himself for the sake of his family, to provide for them, and put his sons through college.



Inspirational Feature

Overworked to the max, Robin pushed himself to the point where he had two strokes, a short time apart.

His motto is one we can all learn from: “Never give up”.

Then one day, five years ago, everything changed. On the way back from Philadelphia, Robin's wife became concerned about his condition after talking to him on the phone. She urged him to go to the hospital due to the abnormal way he was speaking. Robin had no idea what was going on. The border guards had let him pass with no issue.

Robin's message to others:

1. Don't give up - keep trying!

2. Take care of yourself - we're all a work in progress

3. Enjoy what you have - you never know when your time will come

The next day while driving, the road suddenly moved and pointed upward, and stayed like that for five seconds. Robin slammed on the brakes. He was experiencing severe vertigo.

Robin listened to his wife's advice and went to the hospital, thinking he might be given a couple of pills and sent on his way-back to work as usual. He wasn't prepared for the doctor's diagnosis. After undergoing tests, he was told he had experienced a stroke.

Feeling somewhat okay, Robin asked for a weekend discharge. He returned the following day, and found out he'd had another stroke. It was a wake-up call. He had pushed himself past the brink.

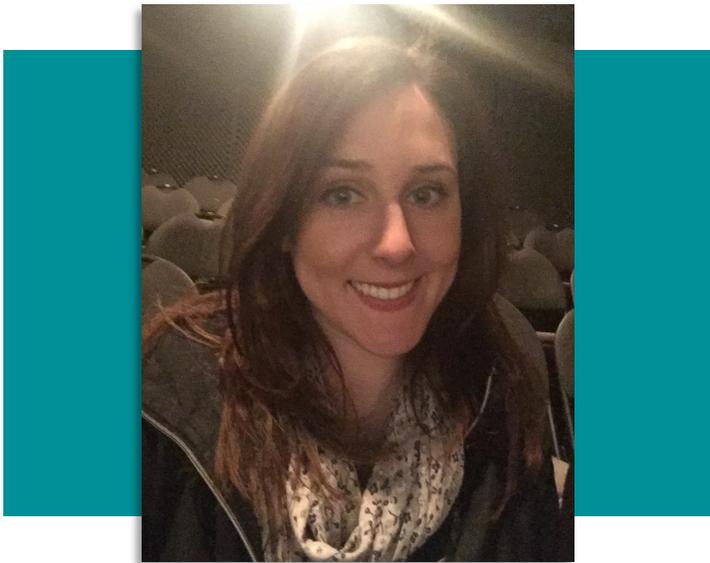
Robin became impaired to the point where he wasn't capable of tying his shoelaces. He'd keep trying, but needed assistance. He couldn't add a toonie and loonie together to make \$3. He also wasn't able to do daily activities independently, such as use an ATM or do groceries. He still struggles with writing.

Over the period of four months, while in Credit Valley Hospital, Robin made progress in his therapies. It was a difficult time in his life, facing loneliness in the hospital ward. He had roommates who were prone to outbursts, which didn't make things easy. He saw the despair and sadness in other patients' eyes, which affected him emotionally.

Robin started receiving assistance from Mind Forward's program before the pandemic. He feels he is fortunate to have had the doctors and therapies he has had. He feels compassion for others who struggle in life. He believes a positive attitude and good sense of humor go a long way.

Robin has had the opportunity to help with Habitat for Humanity, and at some point would be interested in pursuing a career in construction or a related field. He would also love to travel the country again and enjoy the scenery from his past long-haul trips.

Our Newspaper Team is thankful that Robin has come forward and shared his story with us. Thank you, Robin! We wish you all the best!



Jessica: Wood Creations

Here are my wood creations that I created at the Barn Door Studio in Milton, with my friend Courtney. I had a lot of fun making them with her.

The one on the right is a country song that I really like, and I wanted to put it on a coat rack. The song came from my Grandma's funeral and it was one of her favourite songs. The other one is a saying, that I can't remember where it came from, but I really like it.

I can't wait to be able to do things like this again!



thebarndoorstudio.ca

Perler Beads

During my free time I decided to do art using perler beads and an iron. I found some cool perler bead art ideas online and then when I found one that I liked I recreated it using my own beads.

It was very simple to make my own picture and I would count how many of each colour I needed to make the art. I created my own Mario person since I knew it would be something that Michael would like.

I used parchment paper and the iron to help the beads stand in place. I placed the parchment paper on top of the art and then used the iron on top of the parchment paper to melt the beads. I used the parchment paper to protect the beads and to keep them in place. The heat makes them stay together which is good.

Once the picture is cooled down I am going to put it in one of the picture frames I have and surprise Michael when he gets home!





Glenn's Triple C Muffins

My Own Creations!

A—Wet ingredients

1 1/2 cup milk

2 heaping tbsp. instant coffee

1 egg

2 tbsp. cocoa powder

3/4 cup brown sugar

1/4 cup vegetable oil

B—Dry Ingredients

1 1/2 cup white flour

1/2 cup whole wheat flour

1 tbsp. baking powder

1/2 tsp salt

1/2 cup chocolate chips

1/8 cup shredded coconut

A- In a large bowl dissolve the instant coffee in the milk. Combine the egg, cocoa powder, brown sugar & oil then add the milk and mix.

B- Combine both flours, baking powder, salt, chocolate chips and coconut.

Mix the A to B

Spoon the batter into a well greased muffin tin (or use paper muffin baking cups)

Preset the oven to 350*F & bake the muffins for 25 - 28 minutes.

Enjoy!

If you bake these, let me know if you enjoyed them!

Glenn

Digna: Air Fryer Fever

I love watching chefs and cooking shows as food fascinates me. During the lockdown, I tried experimenting various recipes that are easy to prepare, pleasing to my palate and friendly to my pocketbook.

I'm glad that the air fryer provides easy, convenient, safe way of cooking. It requires less oil, time and effort. So far, I've tried these recipes:

1. Baked salmon topped with mayonnaise & onion soup base
2. Mackerel with salt, pepper & garlic powder
3. Soft and hard boiled eggs
4. Baked okra with salt, pepper, paprika
5. Chicken nuggets
6. Breaded chicken
7. Baby Potatoes with garlic, salt, pepper and cajun seasoning

The list of food you can cook in air fryer is endless. Every meal, appetizer, dessert and ingredient you can think of is possible. The neat thing is you can find so many delicious recipes online. Just be willing to experiment and enjoy!



Salmon with mayo and onion soup base

Mind Forward offers a cooking group on Wednesdays at 2:30-4pm. The recipes are simple and involve 3-5 ingredients! There will be a variety of recipes, some breakfast, lunch, and dinner. We hope to see you there!

Alanna: Home Decor



Light Up Your Life

Lighting can be a key component to a room's décor. It's the perfect starting point to establish the FEEL of the room.

Beyond functionality, the room will have a style and personality based on your lighting choices.

The lightbulb you choose makes a huge difference in the 'mood' of your room!

You can begin with a Statement Piece. A statement piece is generally of a slightly larger scale.

These can lead your décor along a certain theme. It can be a period theme; like Art Deco. Or something more personality themed; like Nature; stone and wood surfaces.

Likewise, you can build your room around a particular finish; matte vs. shiny.

Or bright colours vs. more neutral colours.

Spa on a Budget



These towel racks are also available in 'over-the-door' form. A great way to keep your clean towels ready to use!



You Deserve a Day at the Spa

OK, no one thinks of the bathroom as an oasis, but it could be!

For most people it's the last place we visit at night, and the first stop we make in the morning.

As it handles multiple personal and grooming activities, multiple times per day, by potentially multiple people, lighting needs to be adequate and directional, as well as flexible and inviting.

People have now begun to light for both form & function, as well as interest & design.

Find a nice basket, and place items in it to have readily available for the bathroom. For example, bath salts, a nice soap, and moisturizer.

There are the typical fixtures, we all have, for pure functionality.

Now people are adding some more interesting pieces to improve lighting and create a more spa-like feel.

Start off by choosing a theme for **YOUR** spa.

Then think functionality, symmetry, and most importantly *safety*.

Yhohannah: Children's Books

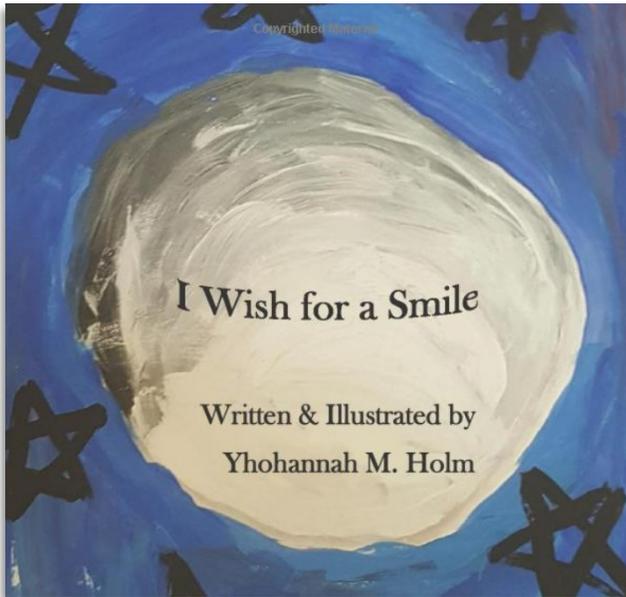
I Wish for a Smile



My book doesn't have a description of me in it because the person that formatted my book didn't have it on her and then it got published without it. So, today I would like to take the opportunity to talk about myself and the book a little bit.

When I was four years old I was in a car that was hit by a bus and I almost died. Although I survived, I had a brain injury and some broken bones.

The story of this book started at the beginning of COVID when I was forty years old. Well, actually I had clowns on my mind way back when I was twenty. You see, I had been applying for jobs for a really long time and was losing hope that I'd ever find anything. One day I thought to myself, "Well, I'll just run away and join a circus!" That became a private little kind of joke that I would tell myself that if nothing else worked out then I would just become a clown.



Yhohannah's book is now available on Amazon! You can purchase her book here:

[*I Wish for a Smile*](#)

Twenty years went by and I kept that thought to myself pretty much, although I did tell one person who discouraged from becoming a clown and said I would just end up scaring people. When COVID first began two years ago and the world was in lockdown I of course had a lot of time to think about things. I decided that after all this time I really did want to become a clown. The thing is that it's not that easy to just go out and be a clown when you have no experience at it, especially during a pandemic, so then I thought I could at least start by writing a book about clowns. My next thought was "I don't know anything about clowns."

That's when I started to study clowns. I scoured the internet, reading as much about clowns as I could, and watching YouTube videos about them. I laughed, I got serious about the topic, and I immersed myself in everything.

If you're a writer, you know that you are gonna write a lot, you're gonna write a lot of garbage and you're going to write a lot of good stuff too. Now at first, I was hoping to write a non-fiction book about clowns, but everything I wrote that was non-fiction turned out to be garbage because I'd never had any prior experience with clowns.



One day I sat down and I wrote "I wish I had some purple sock with different polka-dots". It was an imperfect rhyme but it wanted to make me want to push onward and write more words that rhymed. It took me an hour, and my finished product was "I Wish for a Smile"!



“Nothing is more beautiful than integrity.”

-Xiao

Xiao's Personal 12 Rules for Life

Words of Wisdom

Xiao is a volunteer life coach and faith blogger who seeks to guide spiritual minds. Here are some of her thoughts:

- 1 - Measure yourself by your **dreams** and not by your **struggles**
- 2 - Do not forget what you **can** do, just because you're so focused on what you **can't**
- 3 - **Celebrate** yourself, regardless of how many flaws you believe you have
- 4 - **Never assume** you're better than others when you try to assist them
- 5 - Do not give people **roles** in your social world that they are not suited for
- 6 - **Be kind**, but don't be heroic, your job is to offer courtesy and not medical care

DREAMS

ABILITY

CELEBRATE

HUMILITY

FAIRNESS

SELF-CARE

BOUNDARIES

STAND TALL

RESPECT

FORGIVENESS

TRUE VALUE

ACCEPTANCE

7 - Never assume you are obligated to somebody who makes you feel bad and when you are trapped with aggressive people, know bad treatment does not equate to bad social value

8 - Do not socialize with those who try to humiliate you, making mistakes is normal and universal and should be dealt with through grace and forgiveness

9 - Do not let any friend or lover buy you with money when respect is absent

10 - When you are tired, grant yourself forgiveness and don't compare yourself to people younger and stronger

11 - Know your value is your character and behaviour and not your bank account or upward mobility

12 - Remember the strangers you don't know are just as troubled as the friends you're familiar with



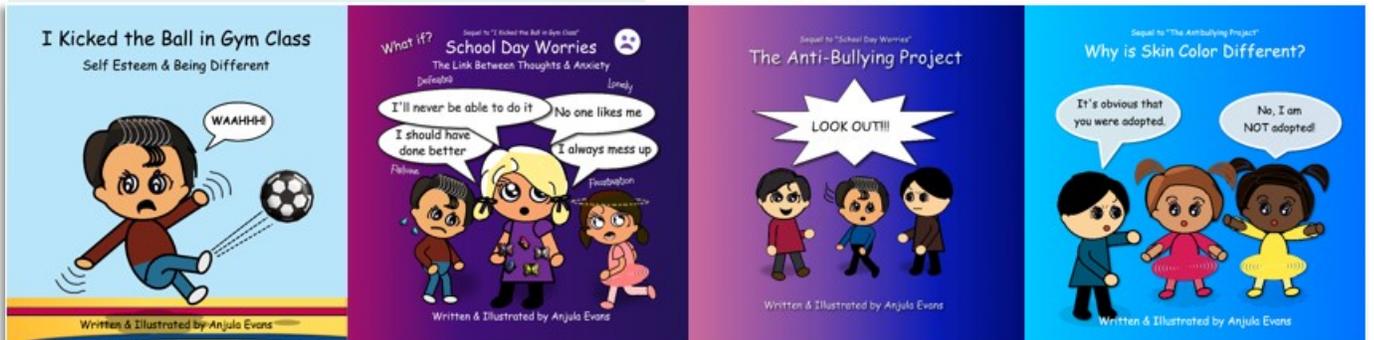
Anjula: Children's Books

Anjula has been writing and illustrating

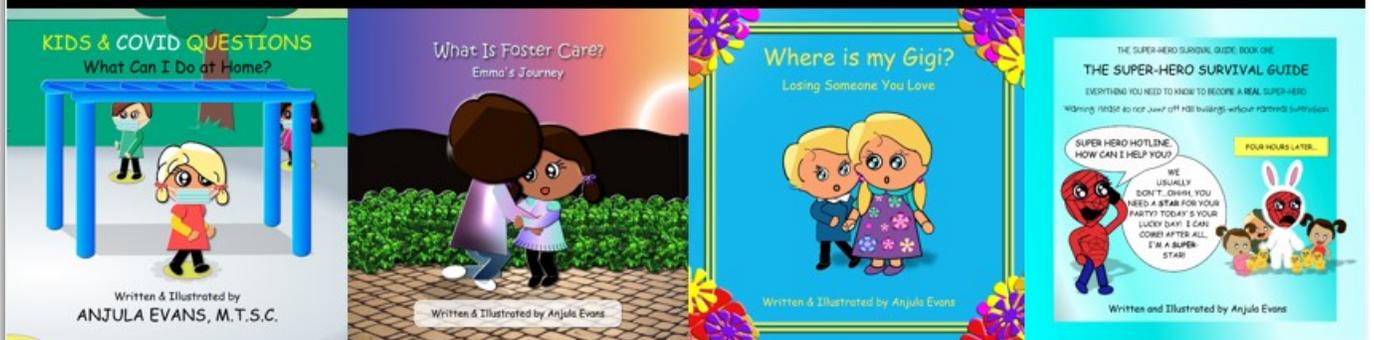
children's books for several years now. The subjects are based on issues kids struggle with, such as self esteem, anxiety, bullying, losing a loved one. Other books deal with topics such as COVID, foster care, or why skin color is different. Her children's books can be found on Amazon, and some are on Chapters/Indigo online, and Audible.



Her newest book: *Guess How I'm Feeling*, is a CBT activity book for children (April 2022)



Books by Anjula Evans



Novels & Audiobooks

Anjula started writing novels after attending the first Creative Writing courses offered at Mind Forward, three years ago. Since then, she's written three full-length novels, which can be found on Amazon, Chapters/Indigo online, and Audible.

Antares Trap: Sci-Fi Young Adult

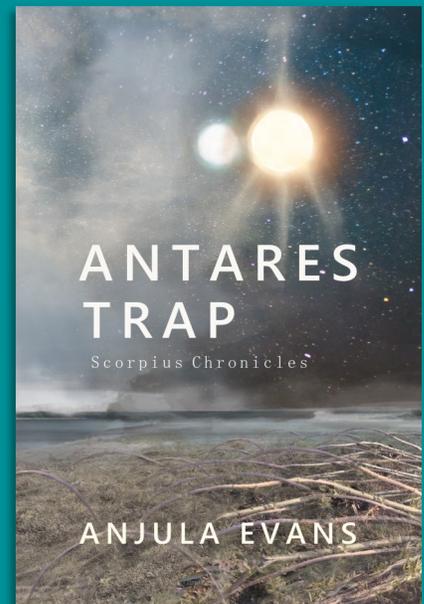
A young man discovers a catalyst that could brighten the future or ignite a dictatorship in the Antares solar system.

COVID ICU: Romantic Mystery

Brought together during the worst global disaster of the century, Karly and Clay are doctors in the COVID Intensive Care Unit. However, an ominous presence overshadows their every move.

Marked Exchange: Paranormal (Shifter) Romance

A young woman is drawn into the world of 'shifters', humans that can shape-shift into animals, and unexpectedly becomes a trophy in an arena battle.



Watch Anjula's narration and animation of 'Kids and COVID QUESTIONS' on YouTube, with additional CBT activities:

<https://www.youtube.com/watch?v=l5BAIHr6-js>

Best Wishes on Your Retirement!



A Fond Farewell

Believe in yourself and your ability to do the best you can in your circumstances...It is better to try and fail, than fail to try.

-Fay

Hi, I am Fay without the “e”. I came to Mind Forward Brain Injury Services formally PHABIS in 2007 through the CCAC as a ABI survivor. April Arundanea interviewed me for admission to the Day Program. While awaiting admission I was going to workshops and looking for a job. I did a few jobs through agencies, but they were all temporary. I became frustrated because before my motor vehicle accident that cause my brain injury, I was a Manager for one of the largest Furniture and Home Appliances Distribution Center and I could not even get a full time clerical job. I decided that since I am not able to use my skills and education it will be better go back to school and change my career.

In January of 2007, I enrolled with Trios College to study Medical Administration with Internship since I had garnered some medical knowledge as a patient in the hospital and I had clerical and administrative skills. Upon completing my studies, I approached PHABIS with my Case Manager from CCAC to do my internship. The Human Resources person, Mrs. Marnie Murdock interviewed me. I started my internship the following week for 3 weeks. Upon completion of my internship, the Operations Manager and Human Resources Manager interviewed me again and offered the job as Administrative Assistant/Receptionist on August 17, 2007, which I did until April 31, 2022.

The favourite part of my job was being able to assist clients when they came to Head Office to see their Case Managers or for programmes. I also, would try to relax people whenever they came for interviews, as I often sensed their nervousness before the interview. I also remember encouraging some clients who felt that they could not write to try, even using myself as an example to make the point that we all can try by challenging ourselves as the saying goes “It is better to try and fail than fail to try”.

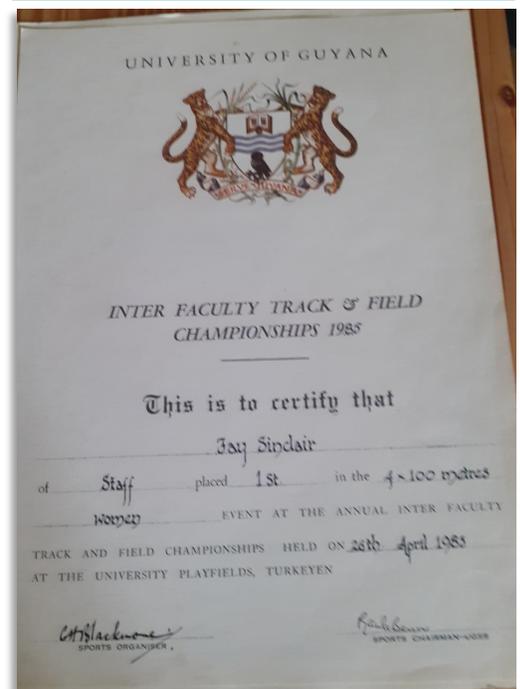
Which I enjoyed most - reception or drumming? I enjoyed both as being the faced of the organization I enjoyed interacting with persons and the joy of assisting others. The drumming I enjoyed as it was also a way for me to release some of the tension I felt at times.

My athletic history dates back to the tender teenage years at high school. I was involved in Track and Field Events. I did high jump, long lump, and javelin, shot putt, discus and 4x100 meters relay. This was also at the University of Guyana level. I was also involved in body-building and was the first female professional boxing judge in Guyana.

My advice to my peers, fellow ABI survivors, is always believe in yourself and your ability to do the best you can in your circumstances. My lifetime moto is “It is better to try and fail, than failing to try.” In all circumstances, you do your best to solve a situation or dissolve it. (Let it go). I try to always speak the truth and be honest mindful that some people in life prefer not to hear it. My mother taught me a lesson as a child to speak the truth cost it what it will because when you lie you have to remember your lie and then one lie will lead to many others.



It has been a pleasure chatting with you all. I wish you all the very best that life has to offer some good, some bad, you choose how you will solve or dissolve it!!



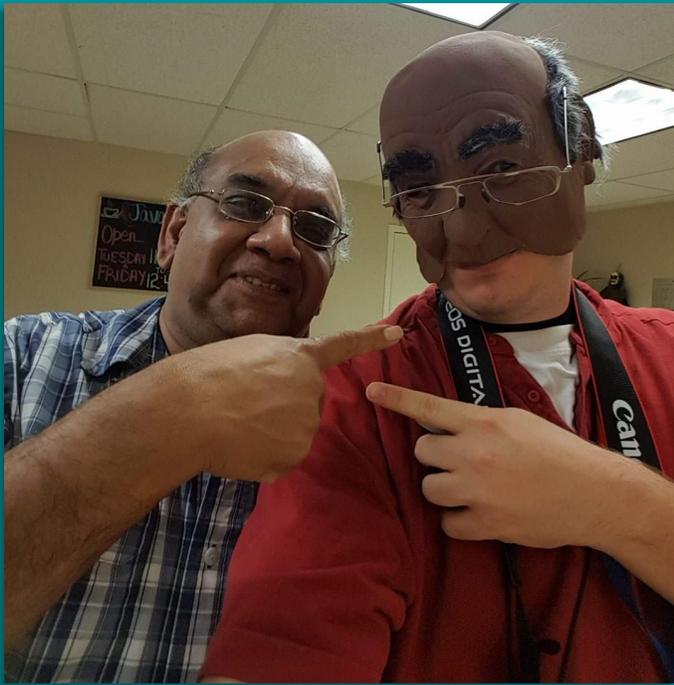
Wishing you the best for your future, Fay, as you step into this next chapter of your life!



Spotlight

Alfred looks past your disability. He gets to know you as a person, your interests and what your personality is like.

-Alanna



Alfred and one of his many impersonators

Interview: Alfred

Alanna: What inspired you to work as a support worker at Mind Forward?

Prior to coming to PHABIS, I worked at Parks & Rec Burlington as a university student. After working there for years, I applied to come to Mind Forward. It was purely out of the fact I like working with people. I turned down a few jobs in the insurance industry to work with people with disabilities.

Instead of “pushing paper”, I like to push people to be all they can be.

Anjula What is your current title at Mind Forward?

Day Services Client Program Facilitator

Anjula: How long have you worked at Mind Forward? What’s your most interesting experience?

Since July 31, 1999 (23 years). I can’t name one specifically. There are years of many interesting moments. The 10 or 11 Boundless trips are most memorable. You get to know a person more at an intimate level, and watch people accomplish a lot. They overcome Fears and reach goals. Seeing that coming to fruition is amazing in itself.

Nigel - What are your future goals?

I’m nearing the end of my career, and my goal is to remain healthy. I plan to work as long as I can. At some point I will retire.

What makes you happy?

I'm doing what makes me happy with my work.

Xiao: Who is your favorite Celebrity?

Dolly Parton. She's an amazing artist, great singer, and writes meaningful songs for both herself and for others. She writes from the heart. She's a fantastic business-woman, and has accomplished a lot in her life. Hers is a rags to riches story.

My favorite song is : "Coat of Many Colors". It's about the sacrifices her mother made.



What are your favorite types of movies and favorite foods?

I enjoy Sci-fi movies. I didn't enjoy Star Wars, but I'm a Treky all the way. I loved the old Battle Star Galactica.

Enjoy life to the fullest - you don't know what tomorrow will bring. Be respectful to your fellow person.

-Alfred

For food, I'm a dessert person. I love sweets. Digna introduced to Filipino dish called Halo-Halo, which is amazing. I also love cheesecake. For savory food, I love a T-bone steak, medium-rare, caesar salad, and potato salad.

Digna: What do you like to do in your spare time, your favorite recipe to prepare, and your gardening techniques?

I like going out for dinner and I enjoy the casino.

For gardening techniques, I give lots of love and TLC. I'm in an apartment now, so there's not as much opportunity to garden. I find it to be therapeutic.

Nigel: who are your heroes/people you most admire?

Dolly Parton. She's a multi-faceted musician, plays the fiddle, guitar, keyboard, and sings.

Nigel: What are your funniest and most embarrassing moments?

I'm somewhat a perfectionist, so making mistakes are embarrassing. However, I don't usually dwell on them. My most embarrassing moments are when Shane dresses up like me every Hallowe'en.

7 Lessons for Brain Injury Survivors

From the teenage foundations of Benjamin Franklin's Life
• Xiao D.



Fact:

Benjamin Franklin was bad at math in school but later became the founding father of America.

Moral

Engage your talent and don't overemphasize what you cannot do.

Contemporary Example

Sundar Pichai, got rejected by an elite school in India and was forced to pursue a career in technology and management instead. Now, a CEO of Google.

Fact

Benjamin

Franklin only had enough money for three loaves of bread when he travelled to a new city to find work.

Moral

Don't shy away from difficulty or sacrifice if it leads to long term growth.

Contemporary Example

Bill Gates worked so many hours in the early years of Microsoft that he had to eat bagged cheetos for food because he did not have time to cook.

Fact

Benjamin Franklin was oppressed by a jealous older brother who controlled his salary and tried to cut down his professional network.

Moral

Separate your mind from critical words.

Contemporary Example

As a child, Will Smith was bullied for his dark skin in a white catholic school. He later played a black cousin in a black family in one of the most famous shows on TV. Because he did not shy away from his heritage despite opposition and negative remarks, he is now worth over 250,000,000 dollars.

Fact:

Benjamin Franklin's Father could not afford his religious education when he had completed the first few years.

Moral

Be willing to carve new paths when your old mind ship is blocked.

Contemporary Example

Ashton Kutcher only considered acting and modeling after a sports injury killed his athletic career. Now he is one of the richest men in Hollywood.

Fact:

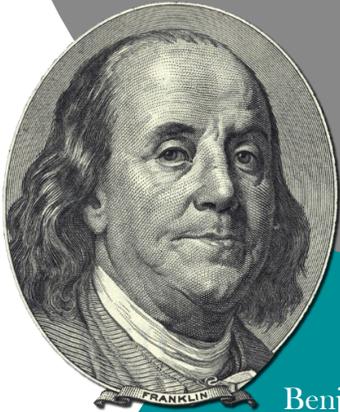
Benjamin Franklin Did not have a place to clean his clothes when he travelled to his location for a job interview for which he was hired.

Moral

Take yourself seriously, by recognizing the value of your work, even when others do not appreciate it.

Contemporary Example

Obama had less than 2% of the democratic support when he first declared his desire to compete with Hillary for the presidency and later was elected as president for 2 terms.



Fact

Benjamin Franklin's professional gains were threatened when he was pressured to relocate back to his toxic family after settling in Philadelphia in a better job. And his new home town job opportunity was threatened by an unbelieving father, once he returned to his abusive brother and older boss. But he continued to believe in the future.

Moral

Be creative and observant about new opportunities and events.

Contemporary Example

Jeff Bezos and his wife quit their investment banking jobs and relocated to found Amazon. And at first, Bezos delivered his own packages. He believed the future would pay off because he read the value of digital sales had increased ten fold in less than 2 years.

Fact:

Benjamin Franklin had dirty and ugly clothes, looking like a fugitive the first time he met the woman he would later marry. She gave him a chance because his later interactions were more attractive when he earned the money for new clothes and gained professional stability in his new job area.

Moral

Do not let your past define your future setbacks.

Contemporary Example

Bill Clinton's mother was beaten by an abusive step father and his brother became a drug addict. Meanwhile, Bill Clinton became president of the united states and the husband of Hillary Clinton, America's collectively voted most favourite American woman for twenty years, before Michelle Obama beat his wife as the survey-voted most favourite American female.

ENTERTAINMENT

Movie Reviews

• Digna F.



“Movies don’t only entertain, they give various perspectives and help me to be a better person.”

- Digna F.

CODA

Child of Deaf Adult

CODA stands for “Child of Deaf Adult”.

This movie is about Emily, the only speaking 17-year old daughter to a deaf family, who is torn between serving as interpreter and advocate for her family and pursuing her interest in music, love life and her own independence. She takes an active role in their family fishing business. She did not realize she has a good voice until her music teacher told her and was willing to mentor her in music to continue her schooling in Berkeley College.

The film was able to portray well the different roles and perspectives of each family member: the parents relying on her to advocate and help in their fishing business; her mom’s initial reaction when she realized they have a speaking and hearing child; she was apprehensive of how she will be able to take care of her; her brother unable to assume the role of advocating and protecting their family.



There were moving scenes like her family attending the concert where Emily sang. They saw how the people were moved so they witnessed her talent. It showed enlightenment when her dad asked her to sing aloud for him. While singing, he put his palm around his daughter’s neck to feel the vibrations and at the same time caressing her cheek.

It is interesting to note that the whole family cast are deaf in real life. The cast is superb who eloquently delivered their well-written scripts. It has a very good direction overall.

This movie is very moving, family-oriented, shows the importance of communication, tolerance, inclusivity and empathy. It shows that even without saying a word, we can still communicate.

The movie challenges me to think of how I can sacrifice and uplift the life of those around me. This movie intends to inspire many and deserves a high rating. This movie won the Oscars best picture.

• Anna B.



Princess Grace

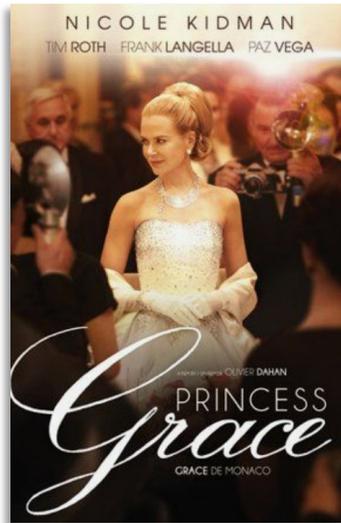
Spoiler Alert!

The actress is Nicole Kidman. Nicole Kidman played Grace Kelly, who gave up her Hollywood career when she married Prince Ranier of Monaco, in Europe. It is a true story. This movie looks at a period of her life from December 1961 to November 1962.

She plays a major role in helping her husband settle a major dispute against France over tax laws in the 1960s. Later in 1982, she suffered a stroke while driving. Grace was pulled alive, but was unconscious from the car, then she died at the Monaco Hospital. It was since renamed The Princess Grace Hospital.

Rating: 8/10.

CODEWORD: EUARERST



• Anna B.



Bull

TV series since 2016.

Actors: Michael Weatherly plays Dr. Jason Bull, Geneva Carr is Marissa, Freddy Rodriguez is Benny Colon, a lawyer, Jaime Lee Kirchner, Christopher Jackson.

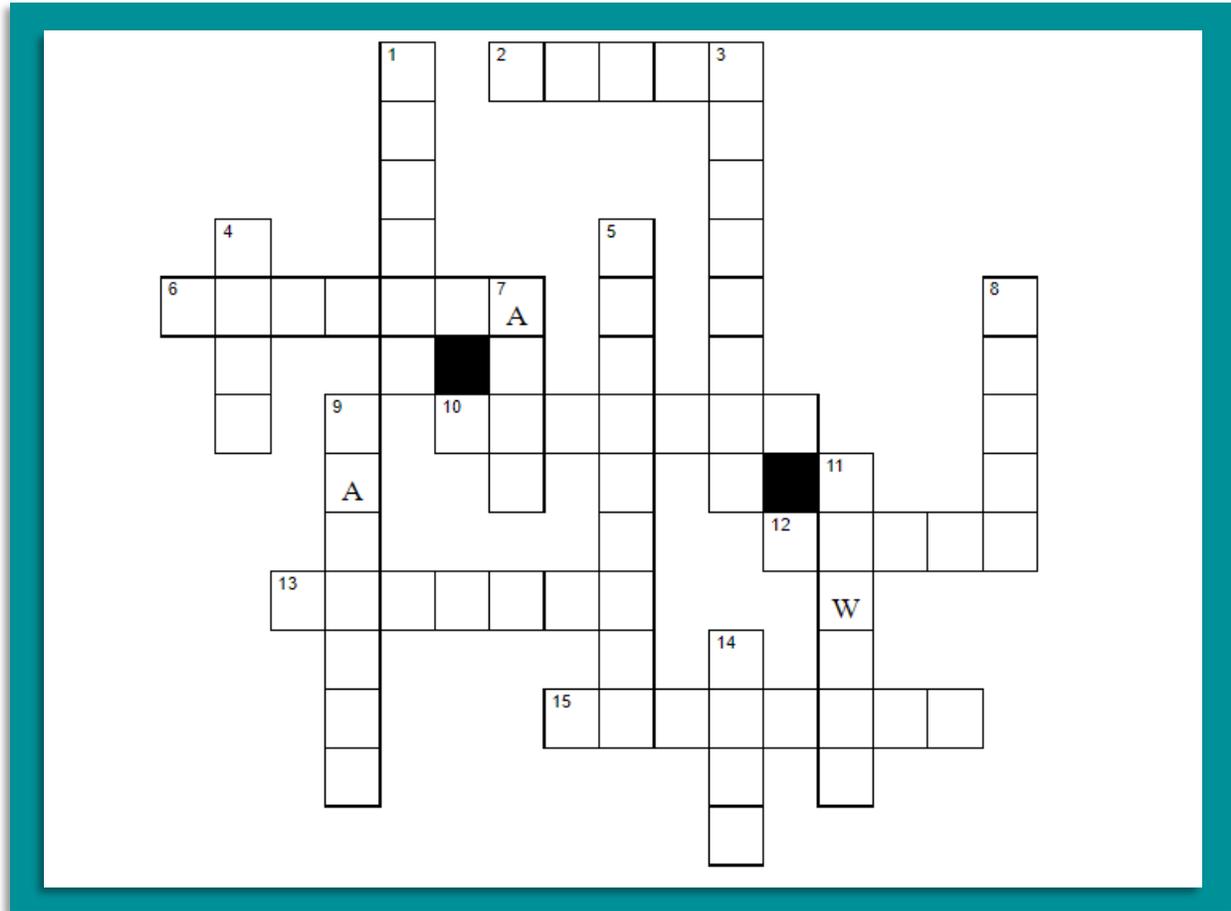
Dr. Jason Bull is a psychologist who is the founder of a company that uses psychology, human intuition, and high-tech data to learn what jurors, attorneys, and the witnesses do, and how they tick. He runs a trial consulting firm, and he is now a millionaire.

Rating 9/10.

CODEWORD: RAE

MIND FORWARD INFO HUNT (ANSWERS)

From last issue



Across:

- 2. Nigel's favorite color. Green
- 6. Name of Mac's new baby girl. Mikaela
- 10. Jessica's occupation. Teacher
- 12. Which country are cherry blossoms known to come from? (p. 4) Japan
- 13. Country where Paul M. is from. Jamaica
- 15. Subject Xiao studied in uni. Religion

Down:

- 1. What do people throw at each other in India during the spring festival? (p. 5) "Dyed Powder."
- 3. How many years did Dan C. work at Mind Forward? (p. 14) Nineteen
- 4. What was hooked on someone's back as a joke during April Fool's Day? (p. 1) "A paper Fish."
- 5. Anjula's favorite food. Chocolate
- 7. What is the name of the new Art Therapy Facilitator? (p. 10) Alex
- 8. Yhohanna's secret persona. "Yho-Yho the Clown."
- 9. Who is the Palliative Care Crafts Facilitator? (p. 15) Natasha
- 11. Digna's favorite vacation place. Hawaii
- 14. What was the highest score given on the Easter Chocolate Rating Scale? (p. 3) Five

Winners of the Easter Egg Hunt

Draw for a Free Gift Card!

Thanks for participating and counting all the Easter Eggs in the last issue. Shane will contact the winners, Anna B. and Ann G.!

For the answers to the Info Hunt, we asked around in our Zoom groups or checked the page numbers given by clues!

• Alanna



The Batman

Starring: Robert Pattinson & Zoe Kravitz

Genre: Live-Action Comic Book Based; Action, Crime

Director: Matt Reeves

Impactful is probably the best word I could use to describe this movie. **VERY** thought-provoking!

The scenery, the wardrobe, **EVERYTHING** is various shades of grey, charcoal, and black. Everything is depressing. This beautifully sets the tone for Gotham.

Bruce Wayne is a stoic, reclusive, billionaire, so the reserved actor, Robert Pattinson, is very well suited for the role.

The character of Selina is a very intriguing role. She has a strong connection with cats, hence foreshadowing Cat-Woman.



She's featured in the only colour displayed in the film, her bright red hair; this is when she agrees to become Batman's ally.

The Penguin and lunatic-genius, the Riddler, are fairly obvious.

Overall this movie just **FELT** stressful, but **BRILLIANT!**

FOUND ON Movie Network, 2022

CODEWORD: EIFDRSN

NEW BRAINTEASERS!

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Get it
Get it
Get it

Try STAND

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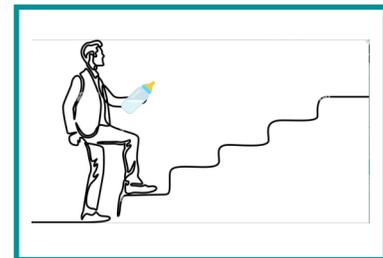
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SECRET

Once



TRUE OR FALSE?

1. Digna's article was about the CN Tower (p. 2)
2. Jessica's hobby is shown as parachuting (p. 12)
3. Alanna's articles were about Home Décor (p. 16)
4. Glenn talks about his passion for knitting (p. 14)
5. CODA stands for "Child of Deaf Adult" (p. 30)

SUDOKU

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Enter a Draw for a Free Gift Card!

Solve the 4 scrambled codewords hidden in the "Entertainment" section, and make the secret sentence! E-mail shane.stanissa@mindforward.org with the sentence to enter the draw!

CODEWORD: KIEL



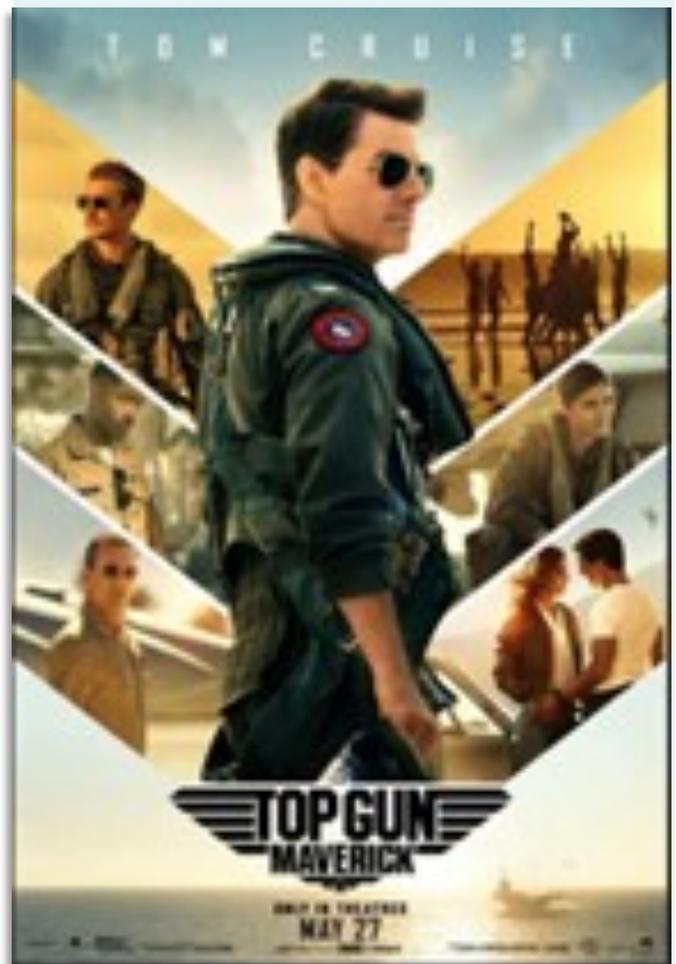
• Digna



Top Gun: Maverick

This 2-hour and 11-minute movie is a sequel to the 1986 Top Gun movie starring Tom Cruise as Pete “Maverick” Mitchell. Since this is an action movie, I expected to see great cinematography and convincing aerial combat. Well, I did see those and more! I loved the plot, the cast, the screen-play, energy, depth of lessons imparted and of course the overall positive tone of the movie. It touches on friendship, patriotism, loyalty, romance, adventure and resilience.

Mind Forward has a movie group on Thursdays 2-3 pm! Movies will be on Netflix and decided by suggestions and voting. Join us on Zoom for some fun discussion!



The movie featured Iceman and Maverick who represent two different paths: one who became a leader and the other who was determined to control the only thing he was good at. Iceman’s (Val Kilmer) legacy in the film is a belief in the sustained power of human pilots as well as the belief in the sustained power of learning to teach and help others, which he finally taught Maverick in the end.

The mission at the of this movie is a complex, dangerous combat flight to destroy another nation's new facility for enriching uranium, before it can be deposited at the site. This is where all the exciting aerial combat takes place. The amply trained and motivated Top Gun crew was successful in their mission.

Ultimately Maverick was able to make amends with his past and no longer afraid of losing his identity or hurting those around him. He is finally able to do his own advice, i.e. to stop thinking about it and just do it.

This movie reminded me of gratitude to people who teach, challenge, love and support. This also applies to talents and skills learned through the years. If we encounter difficulty or problems, that does not mean giving up. It's best to have faith and to focus on our life mission, who or where to get the help from and how to go about it. There are always possible solutions, instances and opportunities that can turn challenges into victory. This eventually builds self-confidence, synergy and empowerment to make life better for everyone.

I give this top-notch movie a rating of 5 stars out of 5, so it's definitely a must see!

MORE BRAINTEASERS!

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BLAME BLAME

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Mind Forward Brain Injury Services

Mind Forward Brain Injury Services (previously Peel Halton Dufferin Acquired Brain Injury Services) is a non-profit charitable organization, completely funded by the Ministry of Health and Long Term Care (MOH & LTC), the Mississauga Halton Local Health Integration Network (LHIN) and Central West LHIN to provide community based rehabilitation and life-long support for adults whose lives have been touched by acquired brain injury.

Since incorporating in 1992, Mind Forward has been committed to offering services to all individuals touched by brain injury (including clients, family members and caregivers) based on an assessment of the individual's needs and through a team approach to service planning and goal-setting. The client and significant others are welcomed as members of the program planning process, along with our staff and other experts.



Contact Us

Give us a call for more information about our programs

Mind Forward Brain Injury Services

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Visit us on the web at
www.mindforward.org

Mind Forward Brain Injury Services

Mind Forward Brain Injury Services

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PLACE
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