

# PRESS FORWARD CLIENT NEWSPAPER

Quarterly Newspaper

Fall 2022

## HEY Y'ALL, IT'S FALL!



• Anjula

This issue, we're focusing on wrapping up the summer and launching into our Fall Programs! There are many fun groups and activities to join—something for everyone! If you read about a program or activity you'd like to attend, just send an email to [shane.stanissa@mindforward.org](mailto:shane.stanissa@mindforward.org) and he'll add you to the list!



### 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.

### Sensory Focus



• Alanna

As someone who is relatively new to the Mind Forward Family, I'll tell a bit about them, as I see them.

A family can be defined as a group of related individuals; by blood or otherwise, with the purpose of maintaining the well-being of its members.

As family, they provide any assistance needed, when someone has some form of sensory impairment.

This issue focuses on the Primary Senses; which include eyes/vision, ears/hearing, nose/smell, tongue/taste, and skin/touch.

These senses are the way we understand and perceive the world around us.

To help and guide us all to fully understand and respect individuals with sensory deficiencies, whether they be due to their TBI or not.

### Letters to the Editor

If you have a question or wish to comment on any of our stories or articles, please feel free to write to us at:

[ClientNewsletter@mindforward.org](mailto:ClientNewsletter@mindforward.org)

**Your questions or comments could be featured in our next newspaper!**

Also, if you would like to submit a story, photos, or artwork for the newspaper, send us an email with a description, the pictures, or the article you would like to submit!

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# GROUPS & PROGRAMS

## Important Email Addresses

Questions about Programs: [Shane.Stanissa@mindforward.org](mailto:Shane.Stanissa@mindforward.org)

Client Advisory Resource Executive: [ClientAdvisory@mindforward.org](mailto:ClientAdvisory@mindforward.org)

Letters to the Editor: [ClientNewsletter@mindforward.org](mailto:ClientNewsletter@mindforward.org)

## CARE

### CLIENT ADVISORY RESOURCE EXECUTIVE

#### Giving Clients a Voice

#### What is the Client Advisory Resource Executive (CARE)?

##### Clients Representing Clients

The Client Advisory Resource Executive (CARE) is an advisory and advocacy council representing clients of Mind Forward Brain Injury Services. Our members are clients who have lived experience with Acquired Brain Injury (ABI) and who have received services from different programs at Mind Forward.

CARE includes clients who ensure the client voice is heard throughout the regions of Peel, Halton and Dufferin. The group meets on a regular basis to identify new ways to include the client voice and lived experience throughout the organization.

CARE acts as an ongoing resource for all clients and staff and the group reviews, comments and makes recommendations in collaboration with staff.

Lastly, CARE believes clients have the right to voice their concerns and be given a space to provide input that is always welcomed, encouraged and responded to in a timely manner. The group advocates for changes in the system, believes in open communication between care providers, clients and their families and believes in valuing people and humanizing the system.

# CARE

## CLIENT ADVISORY RESOURCE EXECUTIVE

We Represent *You*

[clientadvisory@mindforward.org](mailto:clientadvisory@mindforward.org)



Flora



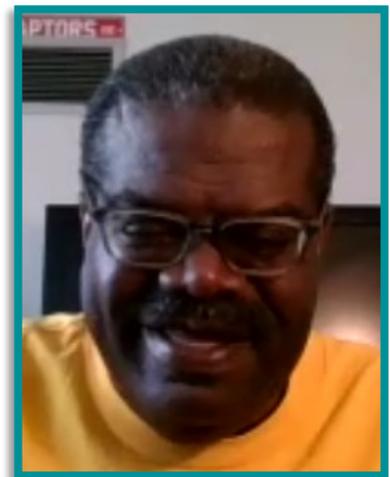
Frank



Alanna



Anjula



Nigel

## September 2022: Virtual Programming: A Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	<b>Virtual Weekly Kick-Off</b> 9:30-10:00 Julie/Sasha	<b>Jump Start</b> 9:30-10:15 Shane/Sasha		<b>Conversation Street</b> 10:00 - 11:00 <u>Leisa</u>	
10:00		<b>MH Men's Group</b> 10:30-12:00 Dorothy --- <b>CW Men's Group</b> 10:30-12:00 Natasha D	<b>Pandora's Box</b> 10:00-11:00 Natasha P	<b>Women's Group</b> 10:30 - 12:00 Dorothy/Natasha D	<b>Jump Start</b> 10:00 - 11:00 Alfred
11:00	<b>Wild Life Adventures</b> 11:00 - 12:00 Julie	<b>Virtual Trivia</b> 11:00 - 12:00 Julie/Sasha	<b>Around the World</b> 11:00 - 12:00 Ashley/Carlene	<b>Discovery</b> 11:00 - 12:00 Ashley/Carlene	<b>Water Colouring</b> 11:00 - 12:00 Natasha P/Sasha
12:00	<b>SIL Check In</b> 12:00 - 1:00 Maryam			<b>SIL Check In</b> 12:00 - 1:00 Maryam	
1:00		<b>Mindful Music</b> 1:00-2:00 <u>Leisa</u>	<b>Games Group</b> 1:00 - 2:00 Ashley/Carlene		<b>Game Show Group</b> 1:00 - 2:00 Natasha P/Sasha
2:00	<b>Virtual Book Club</b> 2:00-3:00 Alfred/Sasha	<b>Figure Art</b> 2:00-3:30 Sasha	<b>Culinary Creations</b> 2:30 - 4:00 <u>Leisa/Carlene</u>	<b>Movie Club</b> 2:00 - 3:00 Carlene/Sasha	<b>Client Newspaper</b> 2:00 - 3:00 Shane/ <u>Leisa</u>
3:00	<b>Sports Talk</b> 3:00 - 4:00 Julie/Alfred			<b>Drawing with Friends</b> 3:00 - 4:00 Ashley/Carlene	<b>Poetry (ends Sept 16<sup>th</sup>)</b> 3:00 - 4:00 Alfred
4:00			<b>Women's Group</b> 4:00-5:00 Dorothy/Natasha		

### Book Club

#### Monday 2:00 - 3:00 PM

Do you love books? Are you looking for others who have the same passion and want to read and talk about books in a positive and nurturing environment? If so, then this group is for you. Book Club will meet once per week to read books based on an agreed-upon reading list. Every week, the facilitator will review the previous week's chapter(s) and the group will have an engaging discussion about characters, plot and themes. Next, participants will be encouraged to read a portion of the following chapter (s) aloud to the group. At the conclusion of the book, the group will watch the film adaptation and have a final discussion.

### Mindful Music

#### Tuesday 2:00 - 3:00 PM

Mindful music listening can be a wonderful way to reduce stress and reconnect with your body and breath. If you find mindfulness challenging, the addition of music can help you stay focused, while simultaneously helping you to connect with music as a source of strength and creative energy. Music can also be a powerful way to experience the present moment or take you back to a different time or place. Each week, participants will choose three songs from different genres and the group will listen to these songs and watch the music videos. We will then discuss the feelings and emotions evoked by the music in a safe and inviting environment.

### Pandora's Box

#### Wednesday 10:00 - 11:00 AM

Mythology is a vast and fascinating group of legends about gods and goddesses, heroes and monsters, warriors and fools, that were an important part of everyday life in the ancient world. The purpose of this weekly virtual group is to increase participants' knowledge / interest, in an hour of thought-provoking discussion about Roman and Greek mythology. Each week, a new myth will be presented followed by a quiz and educational discussion that will aim to leverage social engagement amongst Mind Forward peers, while learning something new. If you're interested in learning about the stories that have shaped modern-day culture and tradition, directed political systems and encouraged problem-solving, then this group is for you.

## September 2022: In Person Programming: A Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00					
10:00		Gardening Group 10am-12pm	In-Person Games 10am-12pm	In-Person Games 10am-12pm	In-Person Games 10am-12pm
11:00	Bowling 11am-12pm				
12:00					
1:00				Euchre Club 1pm-3pm	
2:00	In Person Games 2pm-4pm	In-Person Games 2pm-4pm	In-Person Games 2pm-4pm	In-Person Games 2pm-4pm	
3:00					
4:00					

### Culinary Creations

#### Wednesday 2:30 - 4:00 PM

Culinary Creations is for those people who want to come together to share their love of cooking, eating and food in general. It was also designed to encourage participants to make more meals at home, or even get out of a culinary rut of only preparing the same few foods over and over again. Each week we will prepare a delicious breakfast, lunch, dinner, or snack recipe using a maximum of five ingredients. Participants will be encouraged to share new and creative easy-to-follow recipes to be included in a ten-week meal plan. Prior to each group, the facilitators will share the ingredient list required for that week's recipe. There's lots of fun to be had when we roll up our collective sleeves and get something delicious done!

### Movie Club

#### Thursday 2:00 - 3:00 PM

Calling all movie buffs! There are so many benefits of watching movies. They can inspire social change, they help us process difficult life lessons, they are a social experience, they help us appreciate art, and they reduce stress. In this weekly group, participants will watch a popular movie on Netflix in the days leading up to the group and come prepared to dissect the film with their peers. Facilitators will lead conversations to explore characters, uncover themes and examine plots. Everyone will also discuss their personal experience watching the movie. All participants are welcome to offer movie suggestions (available on Netflix) and after viewing the trailers for three films, the group will vote on the next week's movie.

### Card Making For Clients

#### Friday 11:00 - 12:00 PM

Turn your art into an act of kindness and join this group to make greeting cards for your peers. A handmade card is a simple yet meaningful way to brighten someone's day, making them feel special and reminding them that they are not forgotten. At the start of each 10-week session, participants will receive a kit containing a variety of art supplies and card making materials. Every week the facilitator will lead participants in creating different watercolour paintings that will be collected, copied, and converted to greeting cards for distribution.

### Jumpstart Reboot

#### Tuesday 9:30 - 10:00 AM & Friday 10:00 - 11:00 AM (Wednesdays 10 AM starting in October instead of Tuesdays)

# SUMMER EVENTS

## Shine the Light, Mississauga

June 2022

Tonight the City of Mississauga is lighting the Civic Centre clock tower green for Brain Injury Awareness Month.

Find out more: [mississauga.ca](https://mississauga.ca)

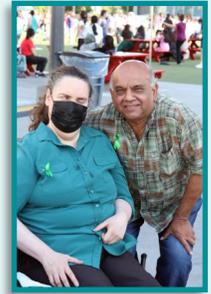
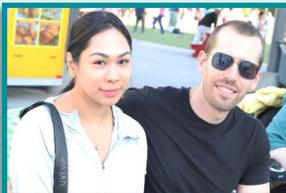


MISSISSAUGA





Mind Forward hosted “Shine the Light on ABI” at Mississauga’s Celebration Square on June 28th. It was incredible to bring members of the ABI and broader community together to recognize brain injury and to see City Hall’s Clock Tower light up green at dusk.



# Central West Picnic

July 2022





CENTRAL WEST celebrated the summer and ABI Awareness month with an outdoor picnic at Heart Lake Conservation Park on July 26th. The weather was beautiful and it was wonderful to see so many clients from both CW and Missis-sauga in attendance. A big thank you to Ashley Chapman, Carlene Senior, Nata-sha D’Souza and Barb Gilchrist for planning such a fun-filled day.





## BRAIN INJURY & ELDER ABUSE

On June the 15th, 2022 the Mind Forward Seniors Team set up two informative booths at Allendale Ltc. Milton and Village of Erin Meadows Ltc, Mississauga.

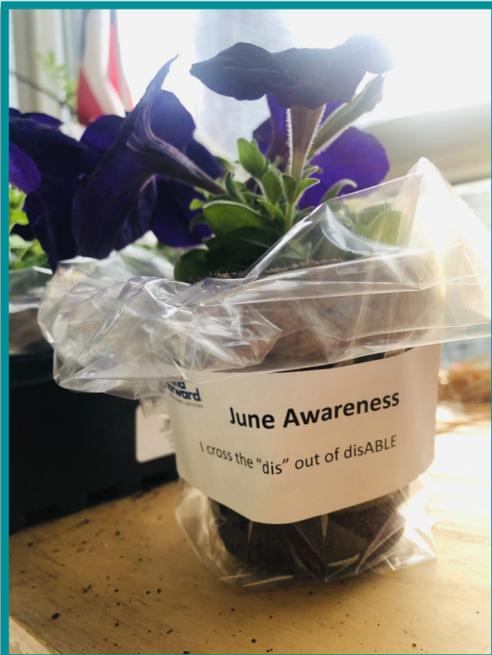
In our booth, we brought awareness to Acquired Brain Injuries and Elder Abuse. We also recognize our amazing older Ontarians and the contributions they have made to our communities as June celebrates Seniors Month.





## Mind Forward Seniors Team

Keitha (CEO), Justin, Andrea (Manager), Nyree, Yvonne, Salma, Marcia



# Ontario Paraspport Games Opening Ceremonies



*“No matter how far apart we may seem we are never so far we can’t find common ground.”*

-Chief R. Stacey Laforme



## Interview with Zef

### • Nigel

At the Opening Ceremonies, I was looking for some information on the event to help with my article. I went in search of a printed program.

I ran into a young man named Zef, who was participating in wheelchair basketball in the Games. He told me it’s a sport that looks simple, but is difficult. It can get physical with the falls, especially.

I asked him how he ended up in the chair. He gave me a heart-wrenching answer.

As a teenager, due to a terrible experience in a relationship, he jumped off a ten story building. He was never supposed to walk or talk again, or do anything significant. However, now he is on his way to walking.

He joined the Toronto team seven years ago. He’s also in a new relationship. However he still can’t go by an apartment building without shaking or having a panic attack.

His game was to be at the Paramount Arena. I’m planning to stay in touch with him. He’s inspirational and a good kid. He got everything together again and I want to make sure he’s okay.



On Common Ground—*Chief R. Stacey Laforme*

No one thing, can define us  
For we are complex creatures, dreamed in the mind  
of the Creator  
We laugh when we should cry  
We cry when we should laugh  
We joke when in pain  
We smile because tears could consume us  
We love unconditionally and totally  
We understand that family should come first  
Yet family is not defined, solely by blood We are  
quick to anger, yet no one forgives faster  
We are loyal and we are strong  
When we commit, we are unwavering  
We have survived much, but do not mistake adapta-  
tion for resignation  
You will always see us, for we will always be here  
Standing for what we believe in, standing beside  
each other  
Doing what is right for our children, our future  
We remember our obligation to our mother the  
earth  
And we remember our place upon her  
We are a proud people agnd honorable people  
We do not always do right, for we are human  
And prone to the follies of humanity  
Yet we strive to be better, to make each other better  
To make the world a better place for the children  
I know the Creator smiles upon us, no matter  
where we are, or what we do  
For the love of a child is unconditional  
No matter where life takes you, walk proud



# FEATURED ARTICLES



## I CAN'T HEAR YOU

### Living with Impaired Hearing

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*With COVID-19, people wear masks and I cannot understand them, because I cannot read their lips and I cannot hear what they are saying.*

*-Katie*

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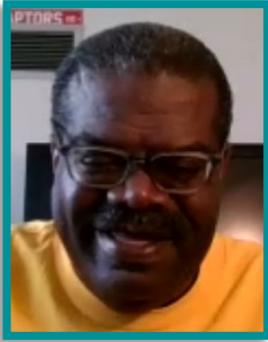
#### • Katie

Hello My name is Katie. I was born hard of hearing. I use sign language and read lips.

With COVID-19, people wear masks and I cannot understand them, because I cannot read their lips and I cannot hear what they are saying. Sometimes I find it frustrating, because I cannot hear them and they cannot always understand my speech.

I had an accident on June 20, 2018 and I had a traumatic brain injury. I now suffer with bad headaches and pain in my pelvis, legs, and back. I cannot walk for long and do the same things I did before.

Sometimes I cry and I do not know why. My brain injury makes me feel frustrated, just like the problems I have with being hard of hearing.



# I CAN'T SEE YOU

## Living with Impaired Vision

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### Interview with Nigel

**Xiao:** How has visual impairment affected hobbies and activities you choose to do?

When I first had my injury it affected me significantly. I used to play baseball for 15 years and coach. For the first six months I couldn't wait to throw a baseball. My son threw a baseball and I couldn't see it. I started screaming because I couldn't see it.

I used to go to the driving range. However, golf requires precise impact. I couldn't tell where to hit the ball. I love sports, and I've been significantly affected in this area.

It's affected my basic day-to-day functioning. I can't pick up the newspaper and read it everyday.

**Digna:** What accommodations have you discovered that can help you with visual impairment?

CNIBN, E-sight, audiobooks.

There are glasses that zoom in and out; however, they cost 25 grand. Hopefully technology will advance and costs will go down eventually.

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*For the first six months I couldn't wait to throw a baseball. My son threw a baseball and I couldn't see it. I started screaming because I couldn't see it.*

-Nigel

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**Anj:** Do you use Braille?

Braille is a somewhat dying technology in part because it's tactile.

Text-to-speech is something I use a lot.

Apple provides accessibility tools for impairments

Going somewhere is one of the most difficult things if I've never been somewhere before. I have to prepare for everything before I do it.

**Xiao:** How have your family and you coped with it? Do you listen to music, audiobooks? Do you do physical things like sculpting?

All of the above. I can barely see the TV. I listen to it. The radio is really cool. I'm always entertained through the radio. Family picks up things for me I can try.



# SAY ANYTHING

## The Role of a Speech Language Pathologist

- **Alanna**

In the Traumatic Brain Injury world many of us have worked under the guidance of a Speech Language Pathologist, or have heard about them.

What exactly do they do?

Your initial thought was, I don't need one, I can physically talk, but they actually help with *so much more!* Speech Pathology is more about **COMMUNICATION**, than physical speech.

That was me, after my accident. Now it's one of my favourite rehab activities. I work with one myself, and I have noticed such a **huge** difference. In my physical speech, and **definitely** in my level of understanding and processing information.

I received a document from my Speech Language Pathologist, Leah Davidson, who works under Michelle Cohen and Associates, which explains the role. It is written by Sheila MacDonald a registered speech language pathologist with over 25 years of experience in assessing and treating individuals with acquired brain injuries.

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*Regaining communication means regaining one's dignity, control, and enjoyment in life.*

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Since such a huge portion of our interpersonal communication, is **NON-verbal**, we can really benefit from the assistance of a Speech Language Pathologist.

Physically speaking one thing, but if our body movements or expressions are conveying something different, there may be miscommunication.

For a really simple example, you really want to try a certain restaurant, you don't want to say it, pointing at it, frowning.

Communication is all about building relationships; *Comfort, Connections, and Creativity*.

There are many different forms, or physical manifestations of communication challenges. (see diagram)

We constantly make subconscious changes to the many aspects of communication, both to convey new information, or in response to information received; *Collaboration* is the primary goal.

Communication is achieved through the connection of many pathways; both physical and emotional.

The role of a SLP includes building resilience and communication skills, to ensure strong, valuable, inter-personal relationships.

The most important lesson to learn and teach others through this cognitive education, is while yes, while a person may look, move, or sound different, - they are still the **SAME PERSON!**

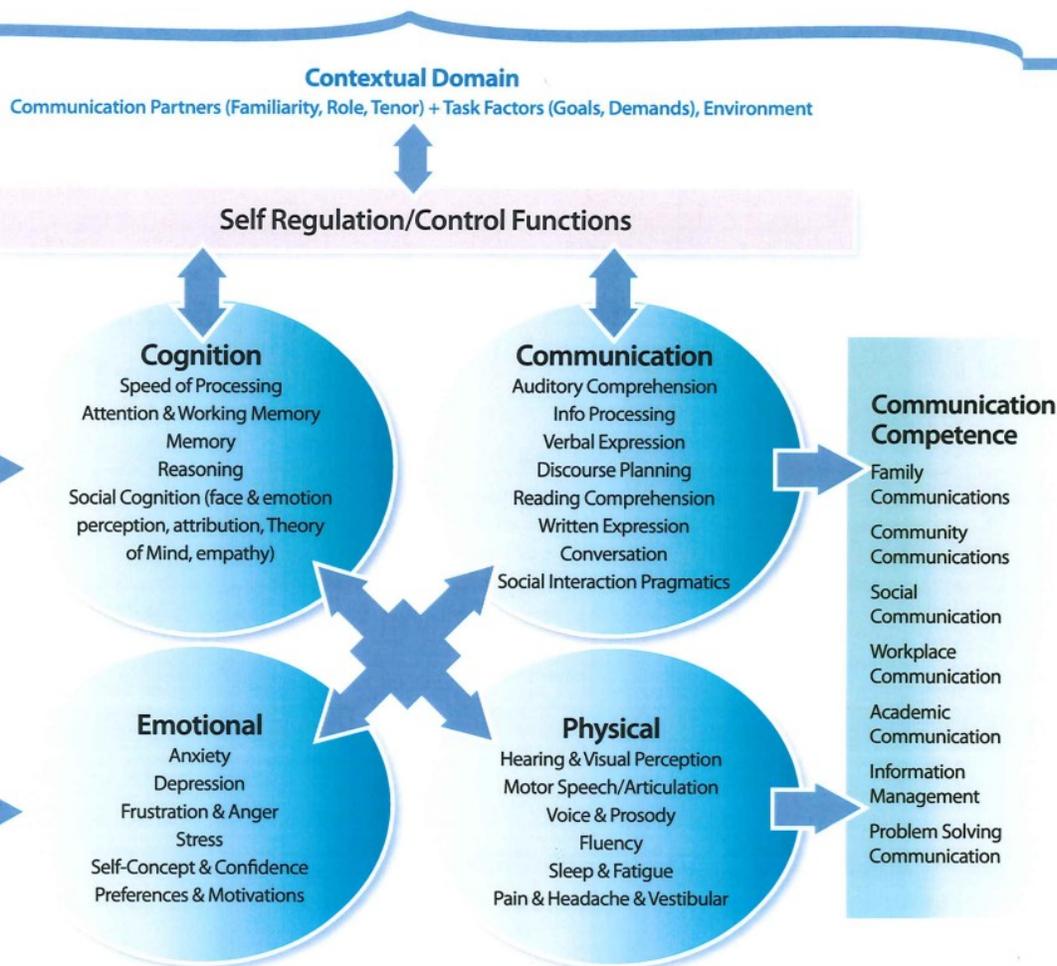
Maybe you too can benefit from the help of a Speech Pathologist!

There are many different speech and cognitive issues that can be involved in brain injuries (yes, there is a checklist available), to see how you would benefit from a Speech Pathologist.

For more information; please contact Leah Davidson, who is my speech pathologist, and she provided me with the information contained in this article.

Leah hosts a podcast called Building Resilience, it's a great resource; including many tips, tricks, techniques, and contacts.

### A Model of Cognitive-Communication Competence



MacDonald, 2017

# EYE SPY

## Vision Therapy is to rehabilitate the brain-eye connection



- **Alanna**

Ninety percent of people who experience a traumatic brain injury, stroke, or concussion suffer post-trauma vision syndrome.

This syndrome can cause blurred vision, sensitivity to light, screens and electronic devices, sensitivity to visual motion, reduction or loss of visual field, headaches with visual tasks and difficulties with reading, including loss of place and reduced comprehension.

Vision Therapy rehabilitates the brain-eye connection to alleviate these symptoms. Some basic exercises are detailed here, which can begin the process of visual rehabilitation. It is highly recommended to get a full visual assessment by an Optometrist who specialized in brain injury and rehabilitation as small changes to your prescription can make a large difference post-injury. These options include a tint, prism, filters, or occlusion tapes.

### Eye Stretches

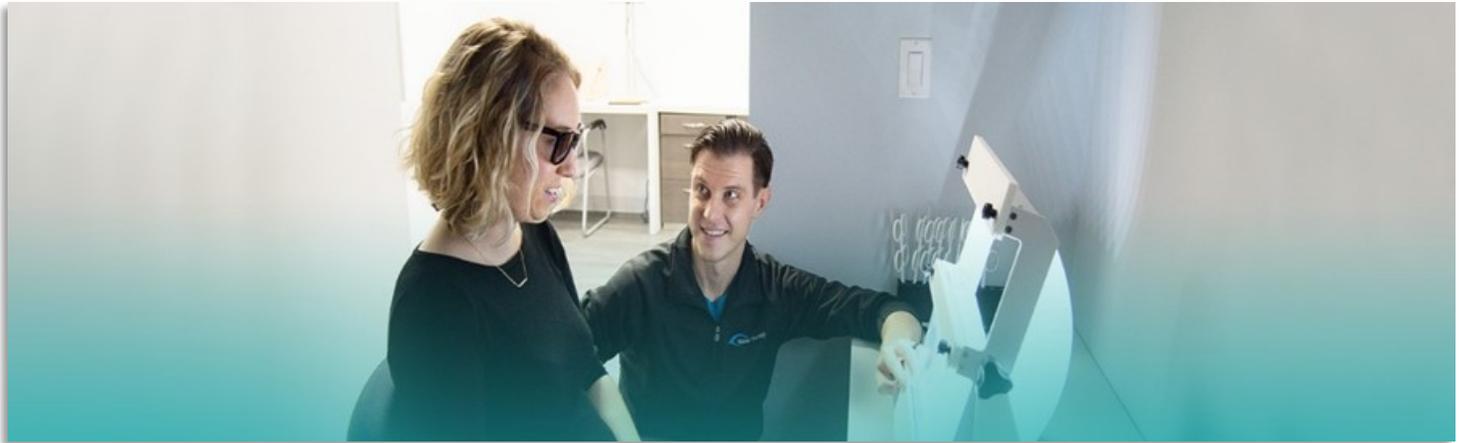
This task is completed by looking as far up, down, left, right, up right, up left, down right and down left as possible with the head as still, hold each direction for five seconds. The goal of eye stretches is to help with awareness and range of motion of our eye movements.

### Eye control

This task is completed by focusing on a finger or two fingers pinched together, while slowly moving the finger(s) as far to the left as possible, then to the right as possible, above the head all while following your fingers with your eyes and having the head still. Repeating this sequence three times, holding each position for five seconds. The goal of this exercise is to use the eyes free of the rest of the body, with a full range of motion.

### Central-Peripheral Saccades

This task is completed by having a “post-it” note with an X on a blank wall at eye level. Add peripheral targets around the X with letters of the alphabet on separate post it notes, about 4 or 5 letters to start. Hold a yard stick to the X and have a partner call out letters, using only your peripheral vision only move the yard stick from the X to the letter your partner called out. Have your partner confirm the accuracy of the yard stick to the target. Repeat with different letters (targets) for two to three minutes. This exercise helps with the central - peripheral relationship. Peripheral vision can be described as the outside space of vision which gives us a better understanding of where we are in space where our central vision can be described as what we are focusing on which should be sharpest in detail.



### Wordsearches

These are great eye tracking exercises that work on eye movement accuracy as you try to find hidden words inside of a grid of letters.

### Bean Bag tosses

This task can be completed by tossing a bean bag or ball, hand to hand with hands positioned shoulder width apart and the bean bag traveling just above the eyebrow level with the head as still as possible. IT will look like juggling but with just one ball. Repeat the same hand to hand tosses with the head moving with the bean bag. This exercise works on eye-hand coordination and stimulates the vestibular system to enhance eye movements.

Other vision therapy exercises which can be completed to help with some perceptual skills, visualization and motor control skills are parquetry block patterns, and Multi Matrix The Brain Game.

Finally, memory games can be completed such as memory matching by having cards with each card having pair, faced down on a table. Flip one card over and then try to find its match. If you do not find the match turn the card back over and repeat until all matches are found.

All the mentioned exercises are basic ways of working the brain-vision connection.

If you do suffer from any vision symptoms it is recommended to see an Optometrist who specializes in Neuro-optometric rehabilitation to help manage specific symptoms and create an individualized treatment regimen.



# PEOPLE

## 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! Contact us at [ClientNewsletter@mindforward.org](mailto:ClientNewsletter@mindforward.org)



## *Inspirational Feature*

*With a brain tumor at age 14, Xiao struggled with the pressure to return to her previous level of functioning at school.*

During my four years of high school after the tumour, I went from low Ds in grade 10 to mid Bs in grade 12. At the University of Toronto, I went from taking 1 class a semester while getting F’s to taking 4 classes a semester and getting 3 A+’s and 1 A in 2017 and I had 2 professors who were interested in taking me on as a graduate student at the University of Toronto during my last year of studies.



## The Journey Back

### Xiao’s Story

I had a brain tumour at age 14 and prior to that I was in the gifted program on a part time basis. The year of my brain injury discovery was my first year of high school, my first year of full time studies in the gifted program, my first year in the visual arts program, my first year of collective bullies targeting me at school, and my first year of converting to doctrinal faith in God.

It was a stressful and anxious time because I went from being the most intelligent student in my class to being the least intelligent due to my brain tumour and my participation in the gifted program for the first time, I went from effortless A’s to working extremely hard just to get Ds and Cs in school, and the pressure made me anxious and scared.

*I am now pursuing a career in writing, education and socially relevant humanities careers due to the brain tumour limiting my STEM (science, technology, engineering, mathematics) potential, as interpreted by me at this time.*

-Xiao

I got 27% above the class average in digital religion, 22% above the class average in South Asian religions and got over 10% above the class average in over 90% of classes I was in. I am now pursuing a career in writing, education and socially relevant humanities careers due to the brain tumour limiting my STEM (science, technology, engineering, mathematics) potential, as interpreted by me at this time.

I am also considering a career or volunteer position in religious ministry because spirituality has become my default coping mechanism for articulating and processing my residual childhood stress and inner recovery from the bullies who targeted me.

I am an avid book reader, because I have free time during my self employed career as a writer and reading books has transformed me both mentally and socially and morally, because I never stop trying to improve myself.

I have 13000+ followers on a social media account that I use for daily dialogue and conversation and have made a pleasant niche for myself as the moral philanthropist and social relationships adviser which has allowed me to gain and approximate friends through internet technology.





## Spotlight



Sasha the Sensational

### Interview: Sasha

**Premanie:** When did you start working at MF?

Three years ago. I worked in West and residential for one-and-a-half years.

I like working at residences where clients get actively involved. Overall, I prefer Day Services.

**Xiao:** What's your fave part about the job?

Interacting with clients, feel their moods, and make them laugh.

I enjoy working with the other staff.

**Xiao:** What is one cool event you remember helping out at?

At one point working at West with a non-verbal client and he thanked me through non-verbal communication.

*I'm passionate about helping people and teaching them to be more independent.*

-Sasha

**Digna:** What is a memorable moment at MF?

A young client who had lost contact between her eyes and brain – we did activities together she wanted to do, such as jumping. She had a good day and her mood improved.

**Digna:** If you had challenges, how have you overcome them?

I have challenges like everyone else. I usually ask someone more experienced to help me with challenges. One example, I was working with a client who didn't like me and he would act out. I asked for help to back me up, and he was much softer with me and the interactions were back.

When people were aggressive and violent, I took intense training. Some things are reactions. When you realize they have a problem, you don't, it helps. Understand it's not intentional. Stay calm.

**Digna: What are you passionate about?**

So many things. I'm passionate about helping people and teaching them to be more independent.

**Anj: Who are the inspirational people or events in your life?**

My mom is the woman who never gives up. "Zena Stena" in Serbian means: "woman, rock". It is what we call her. My grandfather as well. He had a grade four education, lived through WWI, and built seven houses for himself over his lifetime, even though he wasn't a builder.



**Billy**

**Premanie: What do you learn when dealing with other people?**

That all people are different, they have different approaches to problems, different solutions, different expectations. Your solution may not help someone else. You have to be cautious when helping. MF is good schooling for that too.

**Digna: Will you be setting up a gallery for your artwork?**

The painting work in group is about clients and we will be setting up a gallery for clients in which I'll include some of mine. We're building a blog, plus posting art in rooms/hallways at MF.

**Digna: What is your fave artwork you've done and fave medium?**

Elephants, and my fave medium is oil on canvas, but I also like acrylics very much.

**Xiao: what's your fave color combination, benefits of doing art, therapeutic benefits? Do you think art is a learning utensil that helps you gain new skills or discover parts of yourself?**

Painting has relaxation benefits and is like therapy. I'm learning new stuff with every painting I do. We would all discover hidden talents if we painted. It's similar to meditation, and I would suggest it to anyone needing relaxation. Magenta, red, I love those colors.

**Nigel: if you could get a statue or monument of someone, who would it be of?**

My fave athlete, #1 tennis player in world. He speaks 5-6 languages, helps children's charities, has healthy restaurants. Novak Djokovic.

**Nigel: If working at MF isn't your dream job, what is?**

Working at MF Day Services is my dream job. It's all about helping, teaching, and having fun, laughing.

## Ryan & Photography

### Snowy Owl on the Docks of Bronte Harbour

Snow Owl is an endangered species, therefore when people take pictures of them they are asked not to Geotag their photos for others may hunt them for sport. I currently support the Snow Owl and the environment that it occupies while not in the arctic. This picture was taken down at Bronte Harbor where she comes back every year to feed, rest, and sometimes pose for pictures. Although a hard shot to get with the camera once you find where she is then you are able to get some pretty good looking photo depending on your gear and set up.



© Ryan Klotz



© Ryan Klotz

### Blue Jay at Royal Botanical Gardens

This photo was taken at the Royal Botanical Gardens last year walking down the trail which was also covered with Chipmunks because people would feed them even though you are not supposed to feed the wildlife at all. I managed to get this shot as he turned his head. The rest of the walk through RGB was great and got lots of different pictures, I'll share those another time.

### Heron at Bronte Beach, Oakville

The third photo is of the Heron in Bronte creek by Bronte beach and harbor up the trail some ways. Usually he/she will be in the reeds in the creek sometimes out in the open. I did get a lot of different pictures of the Heron. This one really brought out the blue color in its feathers.



© Ryan Klotz

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### Icy Swan at Bronte Harbour

The fourth photo is of a Mute Swan, interesting and as well as sad fact about the mute Swan when they mate they mate for life and when there partner dies the other commits suicide because it can't live without the other one. This was in the winter time at Bronte Harbor again with an up close shot of it's face and the ice frozen to its face because it was so cold outside. We didn't last long that day but long enough to get this shot with my camera.

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### Red Sky on the Morning of the Partial Eclipse

This photo is of the partial eclipse before it appeared right at 5:30 in the morning on June 10th 2021. The sky was a bright reddish orange.

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### Partial Eclipse, June 10th, 2021 at 5:30 am

The last photo is of the partial eclipse itself that morning just right for this shot. Funny thing was I didn't even know about the eclipse that morning. I just decided to go out and get some pictures of the sunrise. It turned out to be one heck of a chance catching the partial eclipse. Hope everyone enjoys the pictures I submitted.

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# OAKVILLE ACTIVITIES (HALTON)

## Fall Boating Event with CharterAbility

Date: Thursday, September 29, 2022

Location: 128 Water Street, Oakville

Time: 12 PM – 2:30 PM

<https://www.charterability.com/>

## Special Events

### Oakville Art Society with Karlene Bland

Date: Tuesday, October 25, 2022

Starts: 10:30 AM - 12 PM

Location: TBD @ St. Lukes

<http://www.oakvilleartsociety.com>

## Regular Events

### Jumpstart Fitness Group

Featuring light cardio (walking track, treadmill) and gentle weight training



Peter Gilgan Family YMCA, 410 Rebecca Street, Oakville

Time: Starts at 11:45 AM

When? Wednesdays, every week

Where? YMCA Oakville  
(410 Rebecca Street, L6K 1K7)

Fee: \$10 + tax per day  
(Pay as you go; Free on first day!)

Time: Starts at 1 PM  
(Meet at 12:30 to settle and change)

When? Wednesdays, every week

Where? YMCA Oakville  
(410 Rebecca Street, L6K 1K7)

Fee: \$10 + tax per day  
(Pay as you go; Free on first day!)

### AQUAFIT



The low impact aqua fitness class

Peter Gilgan Family YMCA, 410 Rebecca Street

Aqua Fit is a great way to get fitness benefits and improve your circulation without stressing your joints. By pushing against the resistance of water, you can adapt each session to your own level of fitness. It's a great way to add variety to your fitness program. Aqua Fit is a cardio-based water workout that can be done in shallow or deep water. Some muscle conditioning may be included in the class with a variety of equipment like water weights, flotation belts, and pool noodles. Suitable for all levels.



## Knitting

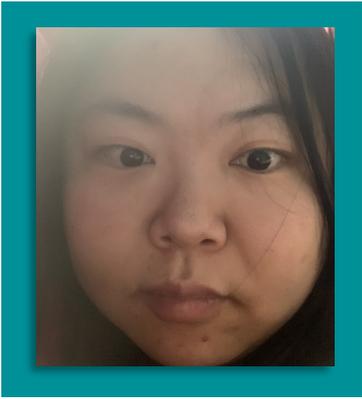
• Ann

Knitting is the process of using two or more needles, to loop yarn into a se-

ries of interconnected loops, in order to create a finished garment or some other type of fabric. The word is derived from knot, thought to originate from the Dutch verb knutten. It's origin lies in the basic human need for clothing for protection against the elements.

Knitting may be done by hand or a machine. It's used for relaxation, the repetitive movement of the needles and yarn has a calming effect, as a result less of the stress hormone cortisol is released , which in turn causes the blood pressure to lower and the pulse to slow down. More recently hand knitting has become more of a hobby.





*“Nothing is more beautiful than integrity.”*

*-Xiao*

## Healthful Orange Foods

### A) For Vitamin A:

1 - Pumpkin

Vitamin A: 245% of the Reference Daily Intake

2 - Carrot Juice:

Vitamin A: 255% of the Daily Value (DV)

3 - Sweet Potatoes

Vitamin A: 769% of the Daily Value (DV)

### A) Benefits of Vitamin A:

1 - Good for Fertility

2 - Good for Skin Acne

3 - Good for Night Vision

4 - Good for Bone Health

5 - Good for Disease Prevention



### C) For Vitamin C:

1 - Oranges:

Vitamin C: 92% of the Daily Value (DV)

2 - Cantaloupe:

Vitamin C: 95% of the Daily Value (DV)

### C) Benefits of Vitamin C:

1 - Good for Hair

2 - Good for Tired Muscles

3 - Good for Bones and Teeth

4 - Good for Growth and Repair

5 - Good for Preventing Wrinkles



## Restaurant Hacks

- 1 - Read the reviews to figure out how high eater satisfaction is.
- 2 - If they charge extra for condiments like cheese or dressing on your burger or pizza, use your own cheese and dressing at home if you have it.
- 3 - Avoid foods that have to be served cold like ice cream or foods that taste worse cold like mozzarella sticks if there is a time delay before food readiness time and food delivery or eating time.
- 4 - Always ask for free materials like complimentary forks, knives or tissue if you want to save money on free items or on food condiments like free ketchup or salsa packets.
- 5 - Avoid addictive foods like high salt foods or very fatty foods because you might crave the same thing next week.
- 6 - Eat the complimentary biscuit or bread before your non buffet meal so you will spend less money on food.
- 7 - If you are not going to finish your food in one sitting, avoid food that will not taste good the second day like extra steak or certain tacos.
- 8 - If you can afford a tip, leave a 10% or 15% tip to the waiter or waitress to help them and show your appreciation.
- 9 - A mock tail or alcohol free cocktail is cheaper than an alcoholic one so drinking non alcoholic fruit cocktails will allow you to get the full cocktail flavour while saving money.
- 10 - Sometimes making a salad at home is cheaper than ordering Caesar salad at a restaurant so consider partying at home to save money.
- 11 - Check how spicy the food is if you're allergic or sensitive to pepper so you do not regret your eating experience.
- 12 - Consider going to a place with large portions and splitting the meal and the price with a friend to save money.
- 13 - Ask your friends if you want recommendations about portion size or taste or restaurant distance.

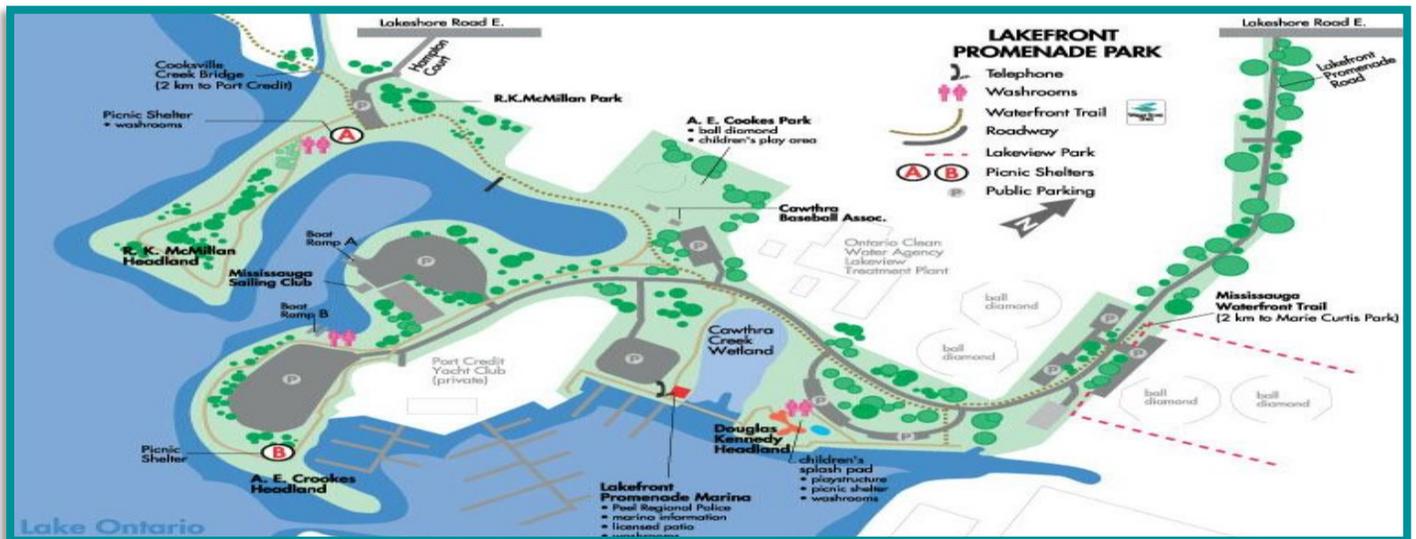
# DAYTRIPS



## Lakefront Promenade Park

### Family Picnic at the Park

July 23 was the date we set to have a face-to-face reunion with all our cousins living in various locations (Ajax, Brampton, Lincoln) in Ontario. We decided to meet in Mississauga since it is centrally located.



For our venue, we selected Lakefront Promenade Park which offers good picnic areas, allows barbecue on site, with ample parking, splash pads for kids, walking, jogging and biking paths, lagoon, lake with lots of activities like sailing, kayaking and fishing.



Each family volunteered to bring food of their choice, drinks, cutleries and other items for us to enjoy and share. We also decided to bring our own chairs. We listed these down so there is no duplication and to ensure we have everything accounted for.

We divided chores. Since we live in Mississauga, we volunteered to go there early on the day itself to reserve a good spot. We went at 9 a.m. and got the perfect spot, with ample shade and nice view. We covered the picnic table, set up our mini charcoal barbecue grill then informed our group where to go.



We checked the weather forecast so we were prepared to experience the sun and extreme heat that day. But to our surprise, it became cooler at noon time, we wished we brought jackets. While savouring our sumptuous food, we updated each other on our current situation, plans, triumphs, challenges and even exchanged recipes, tips and techniques we learned along the way.

We made friends with the neighbouring picnickers and strollers who were enjoying the relaxing atmosphere. We watched the birds, ducks, sailboats, explored the park, enjoyed nature and took some pictures to remind us of this day.

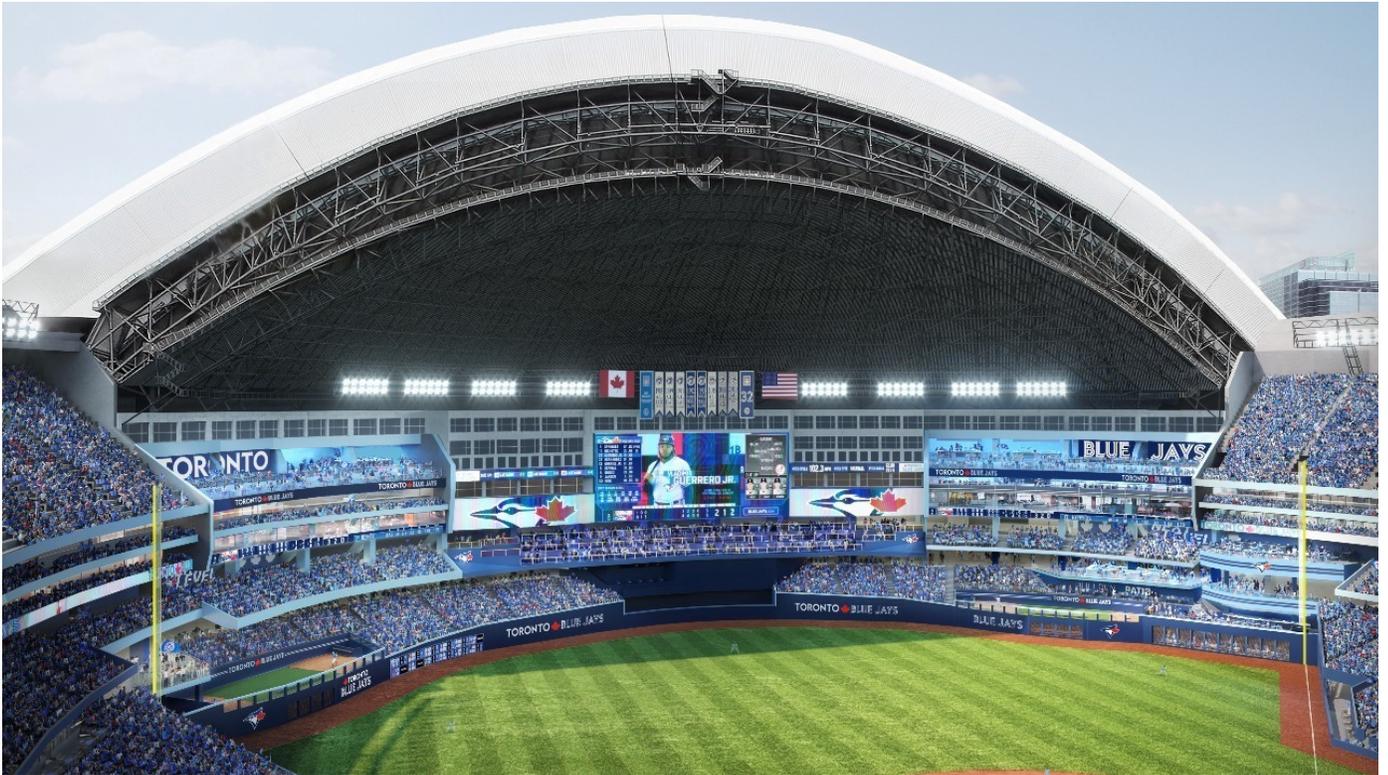


Overall, we all had a rejuvenating experience at the park. Our relatives who saw this park for the first time were in awe at the picturesque scenery, cleanliness and upkeep, free admission and friendly atmosphere. Each of us went home with joy in our hearts and wonderful memories. The essence of family is love- being together and connected whatever happens.



# ENTERTAINMENT

## Sports



## IF YOU BUILD IT, THEY WILL COME

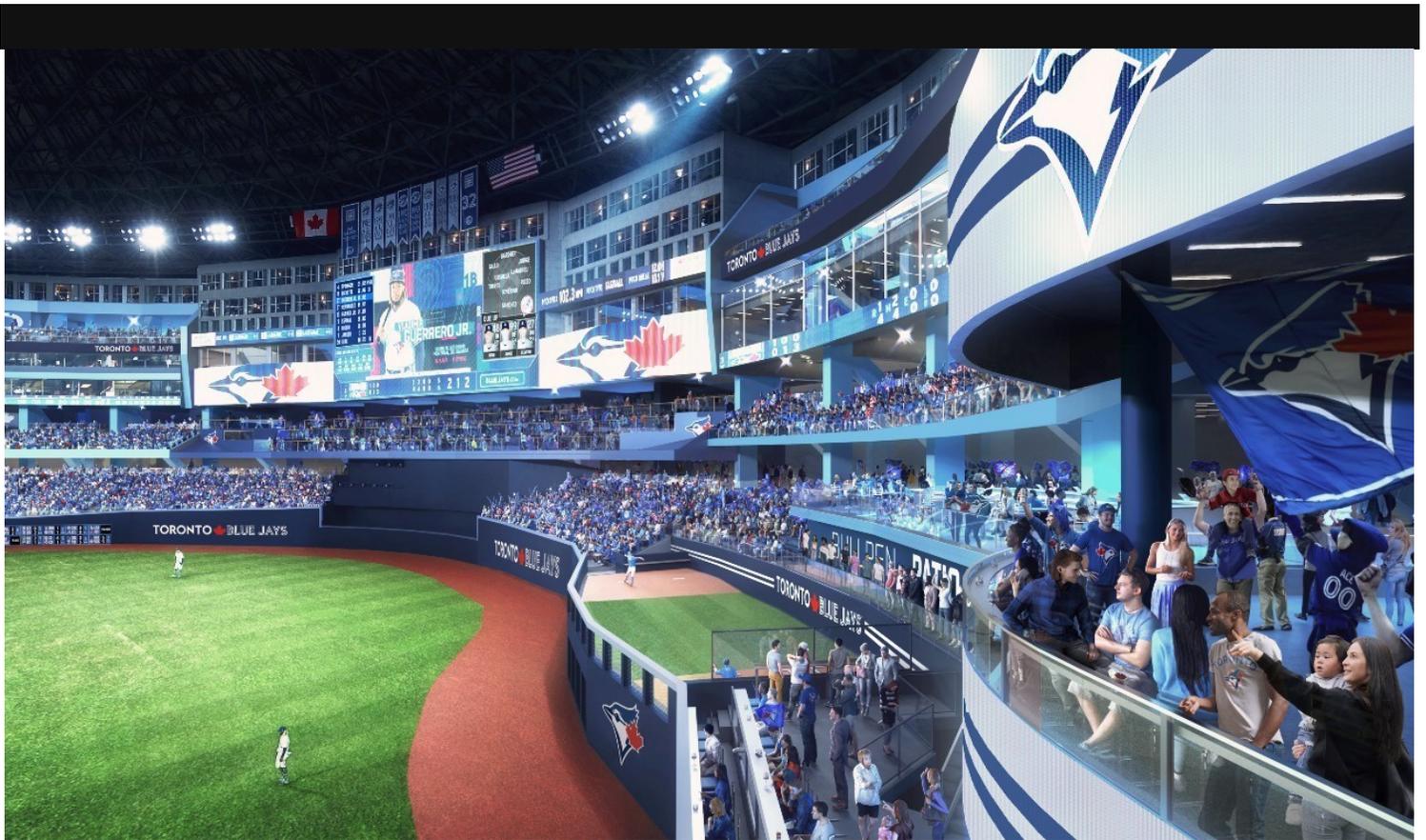
Mark Shapiro Rebuilds Toronto's "Field of Dreams"

- **Alanna**

When the Blue Jays play in Seattle or Minneapolis, it's a surreal experience... more like a home game, than an away game, due largely to the number of Blue Jay fans attending.

The Blue Jays are OUR TEAM--they represent CANADA!

Mark Shapiro, the Blue Jays President and CEO, called the Rogers Centre a miserably outdated "engineering marvel", that no longer needs to be multi-functional. I.E. the Argonauts now play at BMO Field.



In 2023, including the regular season, they plan to complete first phase of update. This includes a full re-build of the stadium's interior, starting this winter with the outfield.

It's going to be a whole new game, in a newly redesigned Rogers Centre

They're getting rid of the 'abyss', as Shapiro calls it, which is the large area behind centre field. This was necessary when Skydome opened, as the service area for the multi purpose stadium.

The bullpens will be raised; they will then be surrounded by traditional and bleacher seating. This will allow fans to watch and encourage, or politely discourage, relief pitchers warming up.

The stadium will also include numerous fan congregation areas. These will include refreshments and games; both adult and kid-friendly.

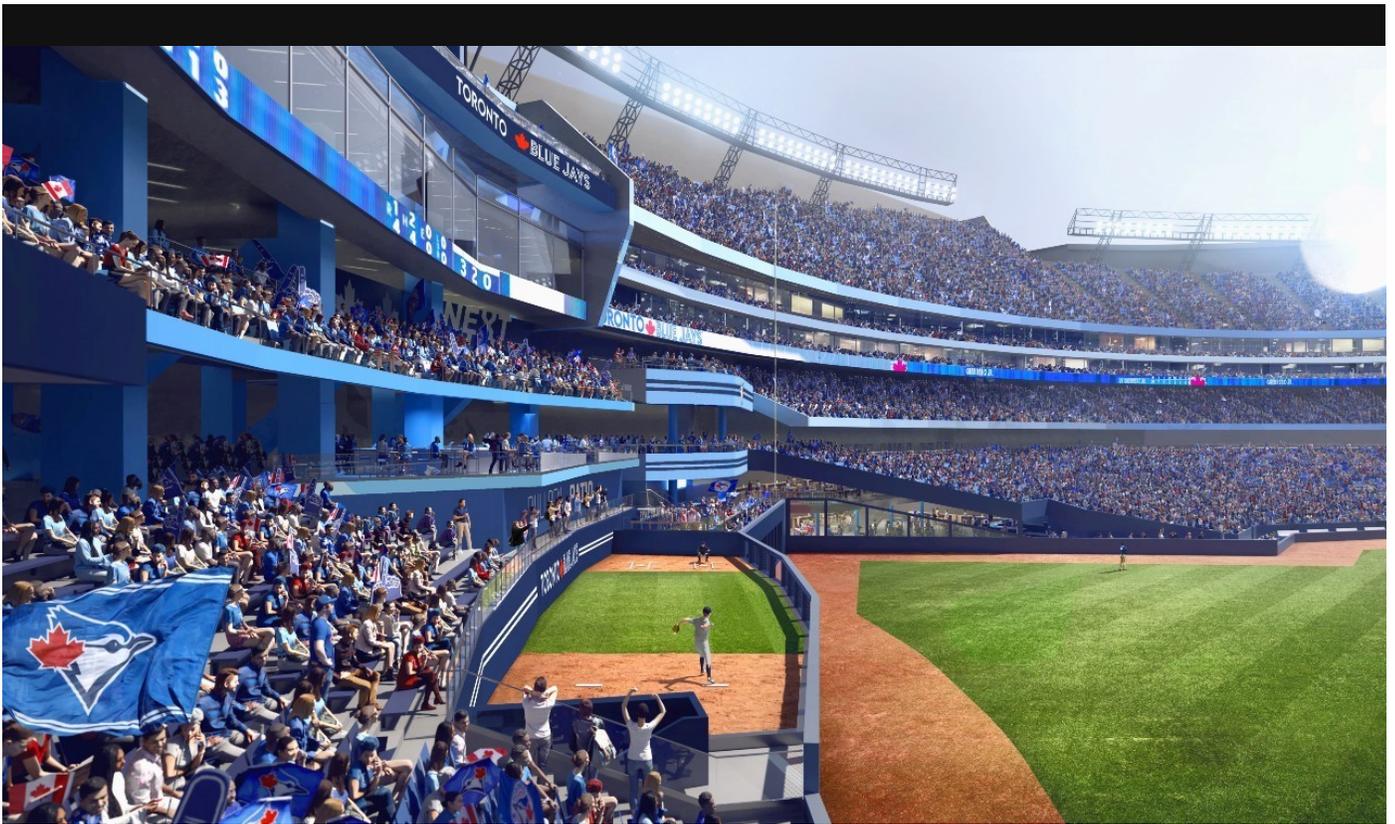
Beneath the surface, there will be a new 5000 square foot weight room for players, which is modeled after their newly remodeled facilities in Dunedin, Florida (their Spring Training Facilities).

(Continued on following page)

Join us for

**Sports Talk!**

Every Monday 3pm on Zoom



The player facilities will eventually include a redesigned clubhouse, sleep areas, yoga rooms, hydrotherapy areas, and more.

In the second year, they will replace the whole 100 level in-field.

These renovations will provide players with the facilities they **need**, and a space the fans will **want** to go, - to share and celebrate.

As I was included in research, I'm confident that accessibility needs will be addressed.

Additional information can be found on [Sportsnet.ca](https://www.sportsnet.ca)

Want in on some action?

Join our

**Jumpstart Reboot!**

Tuesdays 9:30am, ending Sept. 27th

Wed 10am, starting Oct. 5th

Fridays 10am

on Zoom

# Comic Corner



**"DELAYED REACTION"**

**New Year's Resolution**

A number of years ago, I finally came to the point where I was so frustrated with my daily mistakes, that I had to "let go". I made a life-changing decision:

I will laugh at my mistakes, and realize they make life interesting

The above "mistake" was the turning point - wearing my winter hat in the shower for 15 minutes - well that's as strange as they come!

From that time on, instead of viewing them as "mistakes", I decided that I would view them as "quirks" - and there's nothing wrong with being "quirky" - it defines us as "unique"!

The comic strip is set against a blue background with a large, textured globe. It consists of four panels. The first panel shows a character in a winter hat and coat looking at a mirror. The second panel shows the character in a blue dress standing in a bathroom. The third panel shows the character in a shower with a winter hat on their head. The fourth panel shows the character in a shower, looking at their reflection and smiling.

Drawing with Friends—Thursdays 3pm—on Zoom

**Winner of a Free Gift Card!**

Codeword game from last issue. Winners are:

**Xiao and Will!**

Answer to Codeword game:

**FRIENDS ARE LIKE TREASURE**

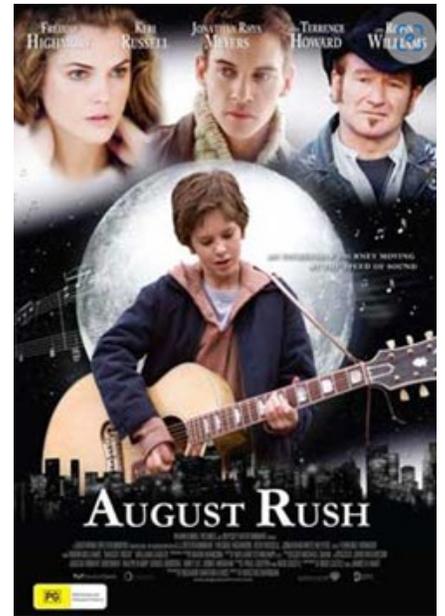


## Movie Reviews



• Digna

### August Rush



This 2007 film is about Evan Taylor, played by Freddie Highmore, an 11-year-old musical genius and miracle child. To him, the sounds of the world are a symphony. He hears music everywhere- in the wind, air, rain, grass, even the roar of a subway.

He strongly believes that music will magically reunite him with his parents, even if he has no clues to their identity. His parents met through their music. His father, Louis Connely, (played by Jonathan Rhys Meyers) is an Irish rock singer and his mother Lyla Novacek, (played by Keri Russel) is a classical cellist. They met in Greenwich Village, New York, fell in love at first sight and conceived him on a rooftop overlooking Washington Square. Lyla's protective and ambitious father kept them apart.

Evan ran away from a group home in New Jersey to New York City, where he encounters a band of runaways living in an old theater. Here, Wizard, played by Robin Williams, reigns as their cunning surrogate father who collects and distributes their earnings from panhandling. The Wizard introduces Evan to the world as August Rush, the title character.

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!

August really believes that music has the power to bring people together. He finds a sympathizer in a preacher who has connections at Juilliard School. August is discovered as a child genius and quickly earns the right to conduct his own symphony at an outdoor concert in Central Park. There he proves himself an expert conductor. His music beckoned his parents to go near him, so that at the end of the concert, they realized they found one other, at last! They are destined to be together through music, hope and love. August is all smiles, knowing he has been right all along. Music is all around us. All we have to do ... is listen and act.

This musical drama has poignant scenes and valuable lessons. I loved the plot, the cast, the screenplay and cinematography. I loved the musical compositions, scoring, techniques, the fusion of the cellist and rock singer and the overall directing. It kept me entertained that I did not even notice that it was 114 minutes long. I give this movie a 4 out of 5.

### Win a Free Gift Card!

Send your answer to any one of the following three Brainteaser Mysteries to:

[Shane.Stanissa@mindforward.org](mailto:Shane.Stanissa@mindforward.org)

to have your name put in a draw for a free gift card!

## BRAINTEASERS!

### Mysteries

#### • Paul

1. There was once a rich man who lived in a large circular house. One day he woke up and found that someone had spit jam all over his new shirt. When he asked who did it, the 1st servant said "it wasn't me I was cooking." The 2nd servant said "It wasn't me I was tidying up the books" the 3rd servant said "It wasn't me I was dusting the corners of the house" Who did it?

2. A rich and handsome man named James Leonard was murdered on a Sunday afternoon. At the time of the murder there was: the maid, the cook, the butler, the gardener and the wife. They gave the following statements.

Maid: I was fixing the table.

Cook: I was cooking breakfast.

Butler: I was polishing the silverware and the dishes.

Gardener: I was planting tomato seeds.

Wife: I was reading a book.

Who did it?

3. Anne was found dead in the central park of London.

There are six suspects "Hazard", "Costa", "Pedro", "Willian", "Terry" and "Courtois".

Anne has written the murdered name in cipher on the floor as "dqvxf".

Police were unable to solve the mystery so they called Sherlock.

After a minute, Sherlock was able to decipher the cipher and ask the police to capture the murderer.

Who is the murderer?

Answers in next issue!

# 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**

176 Robert Speck Pkwy.  
Mississauga, ON L4Z 3G1

905-949-4411, extension 221

[info@mindforward.org](mailto:info@mindforward.org)

Visit us on the web at  
[www.mindforward.org](http://www.mindforward.org)

**Mind Forward Brain Injury Services**

### **Mind Forward Brain Injury Services**

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PLACE  
STAMP  
HERE