

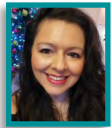
PRESS FORWARD CLIENT MAGAZINE

Quarterly Magazine

Editor: Anjula Assistant Editors: Jessica and Alanna

Summer 2023

SUMMER IS HERE!



• Anjula

In this issue, as we get into summer, our focus is on ‘resilience’. We’re also launching into our exciting summer 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 darryl.clarence@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 magazine.

Click on Links to Articles In This Issue:

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“Walk a Mile In My Shoes”, Halton YMCA, Celebration Square Clock Tower, Signs of Affirmation, Mind Forward Art Show, “Resilient Art”

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Ryan--Royal Ontario Museum, Anj--Cora’s for Brunch, Nigel--Celebration Square Calendar, Xiao--Centennial Gardens, Jessica--Things to Do in the Summer

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Digna--True Spirit Movie Review, Ryan--Blink 182 Concert, Digna--Road Trip

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

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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Inspirational Feature

Ryan—My Life Experiences

My condition is known as TSC (Tuberous Sclerosis Complex). I was diagnosed at the age of two years old. For those that don't know what it is, it is a rare type of epilepsy. There are multiple tubers and tumors throughout the body in every organ, each being affected differently. However, I am one of the rare cases of the condition that can function normally, walk, talk, and drive, etc. Mostly, I had some learning difficulties in school and some behavior problems.

I didn't seem to have seizures often, but when I did it was an urgent, emergency situation. Typically I could be seizing for 3 to 6 hours, and would be in hospital for days as a result. I had my first surgery at 8 years old, after a year of tests showed that one tuber had been the source of all these terrible seizures. After that I was seizure free for almost 20 years and lived a fairly normal life. I went for an MRI and checkups every few years and nothing ever really changed.

That was until I was 27 years old. At that time, my doctor admitted me for emergency surgery as a tuber had evolved into a SEGA tumour which was quickly blocking the flow of fluid in my brain. My mom and I had just driven back from New Jersey and that was the last time I would ever drive a car. That was a crushing blow at first, feeling that my independence was taken away from me.

My second brain surgery, in 2016, was a life-changing experience. By that I mean the result after the surgery on July 19, 2016 was life-changing. July 27, 2016 I was supposed to get discharged and only have about 3 months of rehab. That day I was tanking every hour and during that time my mom was trying to get someone to contact the Neurosurgeon. No one contacted him until about midnight. At that time I turned to my mom and told her my pain level was a 10. I went into a full generalized seizure, which also resulted in miniature strokes to my optic region. This impaired my vision.

One of the things I learned from a young age is to always have a positive outlook on any situation and learn to adapt.

-Ryan

I spent 11 days in a medically induced coma. On day 11 they finally decided to remove all the tubes and wake me up to see if the swelling went down. There was one point where one of the nurses couldn't move me without the Attending doctor for the risk that I would not have made it to the MRI or CAT scan room. After they pulled the tubes out, one of the resident doctors asked me how many fingers he was holding up, and slowly I saw him raise two fingers. They were like "Oh my God, he can see!" The main issue at that point was worrying about me being blind.

Although my vision is not as good as it used to be, I can still get around on my own, take transit and all the other things except drive right now. I'll have to wait and 'see' for that one (nice pun I added in there). One of the things I have learned from a young age is to always have a positive outlook on any situation and learn to adapt.

Anj: What inspires you? What drives you to keep pressing on?

That I'm still here and I'm awesome. Also, family, friends, and new friends through the agency. Other things - just being able to get up and go and do what I want to do, whether being with family, friends, groups, bowling or doing other activities I enjoy.

Sara: What happened to you?

I was diagnosed at age 2 with a rare epilepsy disorder, Tuberous Sclerosis Complex. Tumors were all through my head and different organs in my body. I had ultrasounds every 3 years. It's like shot out of a shotgun - it spreads all over, and usually scar tissue remains. I have Angiofibroma that spreads over my face and under my nails, too.

Ivona: Where do you see yourself in the next 5 years?

Hopefully legal matters will be settled by then. Goals - I'm aiming for a 300 bowling score. Jobwise - to own one or two of my own companies. I'm writing a storyline to a video game I'm creating about a viral outbreak, where a biochemical scientist comes up with serums for diseases, and betters mankind. I want to design it for PC, Xbox, and maybe Playstation. I'm currently writing chapter 8 of the story.

Inspirational Feature cont.

Anj: How has Mind Forward benefited you?

It has immensely, in so many ways. I'm getting back into the community, meeting people, and making friends. I've learned a lot of different things - better communication skills, technology stuff, and am now really into photography.

Ivona: What are your biggest accomplishments thus far? What are you proud of that you've done?

In 2008, I started an audio engineering course, and was able to bring in a band to record in a professional studio environment. I was very fast at creating and recording music. After the surgery, that went by the wayside. I'd like to get into it again with different software.

Sara: What type of services do you like about Mind Forward?

There are a lot of them: 1) the online aspect, joining meetings, 2) drop-in on Thursdays to socialize, play cards, and have a coffee, 3) going to the Y on Wednesdays in Oakville, and 4) I enjoyed mallwalkers and movie groups. I like the variety and it keeps me busy.

Sara: What do you like about your Case Manager?

She's friendly and helpful, understanding, and wanting to learn about my condition. She's also patient, kind, and a good listener.

Ivona: What are some hurdles you've overcome?

Bowling I did up to early teens, then stopped for 17 years. I started again after meeting my friends at Mind Forward. I got my first strike on the first day. I watch a lot of inspirational videos to better my game and improve my technique.

When I was first diagnosed, I had to relearn how to walk, talk, etc. I had a social life, friends, a job, and I could drive (whereas I was told I wouldn't be able to by a child therapist).

Sanjay: What is unique about you?

There's only one of me. I'm positive and caring to everyone and anyone, and I treat everyone equally, the way I'd want to be treated. I used to throw left and catch right, even though I'm right handed. My sister says when I walk into a room I can light up the room. I have awesome powers - I light up a room, radiate positive energy, and give good hugs. Babies and animals love me.

Digna: I know you're a master chef - what's your fave dish?

My love of cooking came from my grandparents and parents. At age 8, I was taught to use a grill - I cooked steak, asparagus, and potatoes. Favorite dish - chili, and my famous pulled pork.

Xiao: If you were to rate your fave 3 activities at mind forward, what would they be?

1. Bowling

2. Aquafit, track, basketball. Fitness Wednesdays

3. Casual drop in at HO

RYAN & RESILIENCE

Anj: How do you stay so positive?

I learned that from my mom at a young age. Learn to love yourself, be positive, and adapt.

Anj: What advice would you give to someone else who is going through a similar situation to what you went through?

Always look at the positive side and be adaptive. It may seem grim at the moment, but things will eventually get better.



You can see Ryan's resilience and ability to adapt, just by reading his story. Here are some quotes on resilience that I collected from the internet by people who have overcome adversity.

"Resilient people immediately look at the problem and say, 'What's the solution?' and 'What is this trying to teach me?'"

UNKNOWN

THE Healthy

"Failure is an important part of your growth and developing resilience."

MICHELLE OBAMA
author and former First Lady of the United States

THE Healthy

"Resilience is very different than being numb. Resilience means you experience. You fall. You hurt. You fail. But you keep going anyhow."

YASMIN MOGAHEED
psychologist

THE Healthy

"Man has never made any material as resilient as the human spirit."

UNKNOWN

THE Healthy

"Life doesn't get easier or more forgiving; we get stronger and more resilient."

STEVE MARABOLI
author

THE Healthy

"Resilience is all about being able to overcome the unexpected. The goal of resilience isn't to just survive but thrive."

JAMAI CASCIO
author

THE Healthy

"What makes people resilient is the ability to find humor and irony in situations that would otherwise overpower you."

AMY TAN
author

THE Healthy

"Resilience isn't all or nothing. It comes in amounts. And no matter how resilient you are today, you can become more resilient tomorrow."

KAREN REINOLD
neuroscientist and researcher

THE Healthy

"You say you're depressed, but all I see is resilience. You are allowed to feel messed up and inside out. It doesn't mean you're defective—it means you're human."

DAVID MITCHELL
author

THE Healthy

Spotlight

We sat down with the new CEO of Mind Forward, Andrea Paszti, and had a conversation. We were inspired by the meeting and here are some interesting things and fun facts we learned.

Jessica: Why did you choose to work in the field of Brain Injury?

I've always been drawn to helping fields. My first experience at a hospital was working as a volunteer, while in university, to help those with brain injury at York Central (now re-named MacKenzie). From there I was drawn to working with people with autism, and again with brain injuries. I really enjoy working with people and helping them.

It's important to understand how brain injury affects people in their lives.

While at Trillium, I was involved in behavioral type work, then involved in pediatrics and with women. However, most of my experience has been outside the hospital - for example, with autism services.

I've gone full circle, I started with brain injury, and this was a chance to come back 'home' to a field I love.



Mind Forward's New CEO, Andrea Paszti



Nigel: Why specifically this agency?

I read the profile on Mind Forward, then went to website, and dug deep. They had lots of programs I'm familiar with and interested in doing, involving community living, residences, and SIL. It was an opportunity to lead an organization in a field I love, with a small community, with strong and tenured staff. Mind Forward aligned with what I was looking for and was impassioned about - working with adults. The needs of clients involved life skills, like finding places to live.

Ivona: Where do you see this agency heading in five years? What is your vision?

Looking at our strategic three year plan is built on that. We are in year three of a three year plan, and then next year we look at that question again. Engaging in partnerships, excellence of service for clients, staff supports, and organizational experience is important. Also, grants for technology, growth and resources for funding, services, housing, and expanding services are important.

I love that Mind Forward is not a big organization but has room for growth and potential. There were 94 homes at the last position I held. Even that amount of housing was still not meeting the need for clients, and I kept looking to expand. Expansion involves advocacy, prioritizing, and funding, so involving the government with funding, and community with donations, is important.

Jessica: Do you see programming headed more toward 'in person', virtual, or hybrid?

Hybrid, because I don't think we can or should give up virtual. Some people can only do virtual, because of challenges with getting here, and some have anxiety issues. I see expansion of both, and becoming more creative with virtual. There is room for growth for both.

Sanjay: Do you have ideas on how to enhance or expand 'in person' client programming?

Yes, I just had this conversation with the

management team. We're looking at how to reduce the waitlist, even just for day services, bringing it down to 2-3 months instead of 1.3 years. There is a need, and I'm looking at making the process more efficient.

Xiao: What are some of the most valuable things you've learned in your career that you think will help you at Mind Forward?

How to be flexible. In people services and helping fields, no two days are the same. We always go by client needs on each day and be ready to reprioritize our days at any time. You get used to that idea, and have to. Emergency and medical issues come up, a family may be upset - you need to be flexible.

How to be patient. Beyond clients and staff there are also families. When someone is in crisis, you need to be there and be ready. There is sometimes tremendous pressure, and we're human.

Don't wait for change to happen, we have to make the change. If we are dependent on funding, we need to advocate for that funding and support.

Building great community partners, and support can be done by showing the need, to advocate, so that people work together with us.

Growth is determined by specific targets - meeting service targets and service hours depending on the program, as well as service quality. There are lots of metrics to meet.

Ryan: What is your greatest achievement in your professional life to date?

There was a treatment center with clients who had very challenging behavior, and who weren't able to thrive in community. There were a lot of complications. The team could not come together, and the morale of the staff was low. It took a lot of work. The clinical team and myself looked at what we needed to be successful, and determined we needed more staff support, and more clinical support, which gave staff more training, team building skills, and cultural competency. It became a more positive place to be, and I was creative about incentives to reward the team without material things. How do we motivate? We had one to one meetings, and with the changes, the team turned around in six months. We were discharging clients from the hospital. What we did changed the dynamic of the team, and it had great results.

Anj: What inspires you?

A lot of things. The work I do. We're in this field because we love helping and working with people. Doing something meaningful.

Nigel: Who are your role models and why?

I did have a role model, my first manager in the field of autism. I was an instructor and therapist, and she was always fair, had a smile on her face, taught me everything I knew, and was supportive. Because of her example, I received my first manager promotion. She built me up and gave me confidence.

Because of her I've moved up and have always been a manager.

Ivona: What are three things you like to do outside of work?

I like to hang out with friends. They come over or I go over to their houses.

I like to go out for dinner and dancing.

Gardening.

Jessica: Do you have a pet? If you don't have a pet, what animal would you get?

I have four cats, a bearded dragon (named Spike), plus fish. I love cats. They're easy, loving, adorable, cuddly, and out of your hair. They're friendly, and want affection but don't need it constantly. My four cats are named Binky, Jojo, Coconut (Coco), Malibu (Bubu)

Favorites

Xiao: What's your favorite quote?

"To be happy you need something to do, something to love, and something to hope for."

An interesting quote that could be a blessing or a curse is: "May you live in interesting times."

Jessica: What's your favorite movie? Why?

Top Gun - Maverick - better than the original. (used to be top gun) - it's so well done. True to the story. 25 years in the making, made it perfect.

What inspires you?

A lot of things. The work I do. We're in this field because we love helping and working with people. Doing something meaningful.

-Andrea Paszti

Ivona: What is your favorite cuisine?

Asian food: Chinese, Thai, and Korean. Every type of Asian food.

Nigel: What is your favorite music or band?

There are a lot of bands I like, but I don't like all songs from those bands.

In terms of genres, after work I like top 40, dance, classic rock, soft rock. Everything but jazz.

Iron Maiden would be one band I would love to see.

Anj: is there anything else you would like the clients to know about you?

I hope to get to know all of you and see you more often. Time doesn't always allow, but I'd like to get to know you more as people and to know everyone by name.



Andrea Paszti, and Senior Program Manager of Community Services, Andrea Ure, attended a Mississauga Board of Trade breakfast on June 6th. Read more at:

<https://mindforward.org/blog/>

One of Andrea's Favorite Quotes:

“To be happy you need something to do, something to love, and something to hope for.”



Inspirational Feature

Sanjay—Embracing Change

I am writing this article from my heart with a view to present an honest thought. Since my Acquired Brain Injury ABI (a phrase not acceptable to all) I have been working on three goals that I set for myself. I go on record here that I learnt to embrace these concepts that I never thought of before.

1. The first was, what makes me **HAPPY** and why does it make me happy.
2. The second was, try every day or focus on my shortcomings after the injury.
3. My third goal was to earn a living again and become self dependant.

Lofty goals but when I look back at the past 2 years, I feel that I have made improvements over time though have not achieved everything I set out to. Earning is still a way off.

My road map towards what I called my success, brought me to an understanding that people around me, assist always, however, they have time limitations or other priorities that take precedence.

I want to share my path here; some ideas were great, and some were left behind as they made little difference. I learnt to discuss them and accept ideas that had escaped me.

In a nutshell,

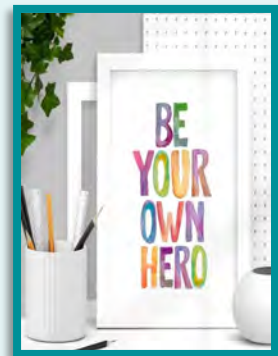
I took on reading again, however, loudly and in front of a mirror. Helped me in three ways, one, it created discipline, second, I enjoyed reading and learning, and third, I was able to talk longer before I got tired.

I started exploring happiness to answer my why, what, and how. I realised last week that just by giving a small donation to a person at a red light gave me a satisfaction that I cannot explain. Another item was my controlling of my emotions classified as disappointment or anger. Not reacting to people or behaving the way they do with you brought me some happiness. I am still learning.

I took on exercise, my dog, my friend, and my companion, who saved me 3 years ago, became my companion as I walked. His loyalty and friendship but most of all not judging me helped me over the years.

I can keep writing, which may be considered by some as rambling, however I believe that I am a unique person and different than normal people but in no way less than them.

Stay tuned as I hope to share some more of my stories. I hope they are beneficial for you as they were for me, however, please feel free to make up your own mind on them and change them to suit your goals.



QUESTION OF THE SEASON:

What is one thing that encourages you to keep pressing forward?

We asked our “Newsies” this introspective question, and this is what they came up with:

Anj - Knowing that the sun will always rise tomorrow, no matter what I’m going through.

Digna - Faith or belief that someone is in control.

Ryan - Any day you wake up on this side of the dirt is a good thing.

Sanjay - The word emergence, being able to interact with like-minded people, and thriving myself and with them.

Ivona - My son. Becoming a mom has really pushed me to set my goals higher.

Sara - My dad and my cat, because they motivate me to do better.

Ann - My husband. He pushes to do more. When I couldn’t walk he pushed me. Also my granddaughter.

Nigel - My sons and also my grandbabies. Family is a big thing to me. That motivates me, knowing that they can have a better life and a family themselves.

Jessica - Michael and being able to go back to work. Taking care of my house. Going back to one of the schools I used to teach at, and seeing the teachers I used to teach with.

Alanna - my next meal, and coffee.

Paul - Mind Forward. They have activities for me to do.

Defining Resilience:

Ryan - the ability to never give up and to keep trying over and over even if it doesn’t work. Just keep pushing forward. Don’t stop pushing forward. Keep striving for greatness.

Digna - it reminds me of the elastic girl of the Incredibles because she can become anything she wants in order to defend herself and her family.

Anj - the ability to adapt to the curve balls in life that come our way.

Sara - just not giving up

Jessica - from everything that I went through and all my surgeries, it showed me what resilience is, and I pushed through and survived, and didn’t give up.

Aimee - constantly putting one foot forward in front of another. When you survive, you do thrive in a way, and it takes resilience. You just keep plugging away. Just being alive is resilience. You’re not ready to throw the towel in.

Paul - I normally just keep going, and don’t let things stop me. I’m like a bull in a china shop.

CLIENT ACHIEVEMENTS



Congratulations to Daren!

Congratulations, Daren, on your accomplishments

In 2016 I completed my SSW Diploma at Sheridan College. To help increase my income I returned to Sheridan and was accepted into the Bachelor of Social and Community Development which bridges off the SSW. I will be starting my final year this September. My current Co-op is at Native Child and Family Services of Toronto in Quality Assurance and Decolonization (QAD) Assistant. My most recent accomplishment was being able to write the "Position Statement for Holistic Healing Service". I'm keeping my fingers crossed that it will be approved and added to their Policies and Procedures of Holistic Services.

Congratulations to Jessica!

Congratulations, Jessica, on getting your driver's license!

Congratulations to Anjula!

Congratulations, Anjula, on completing your Graduate Certificate at Humber, for Creative Writing!

TO THE EDITOR

Thank you, and Happy Birthday, Steve!



A big thank you to Steve P., who created this piece of art. Thank you for sending it to us, to share with others in our magazine! We also hear it's your birthday, so Happy Birthday, and best wishes for the upcoming year!

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:

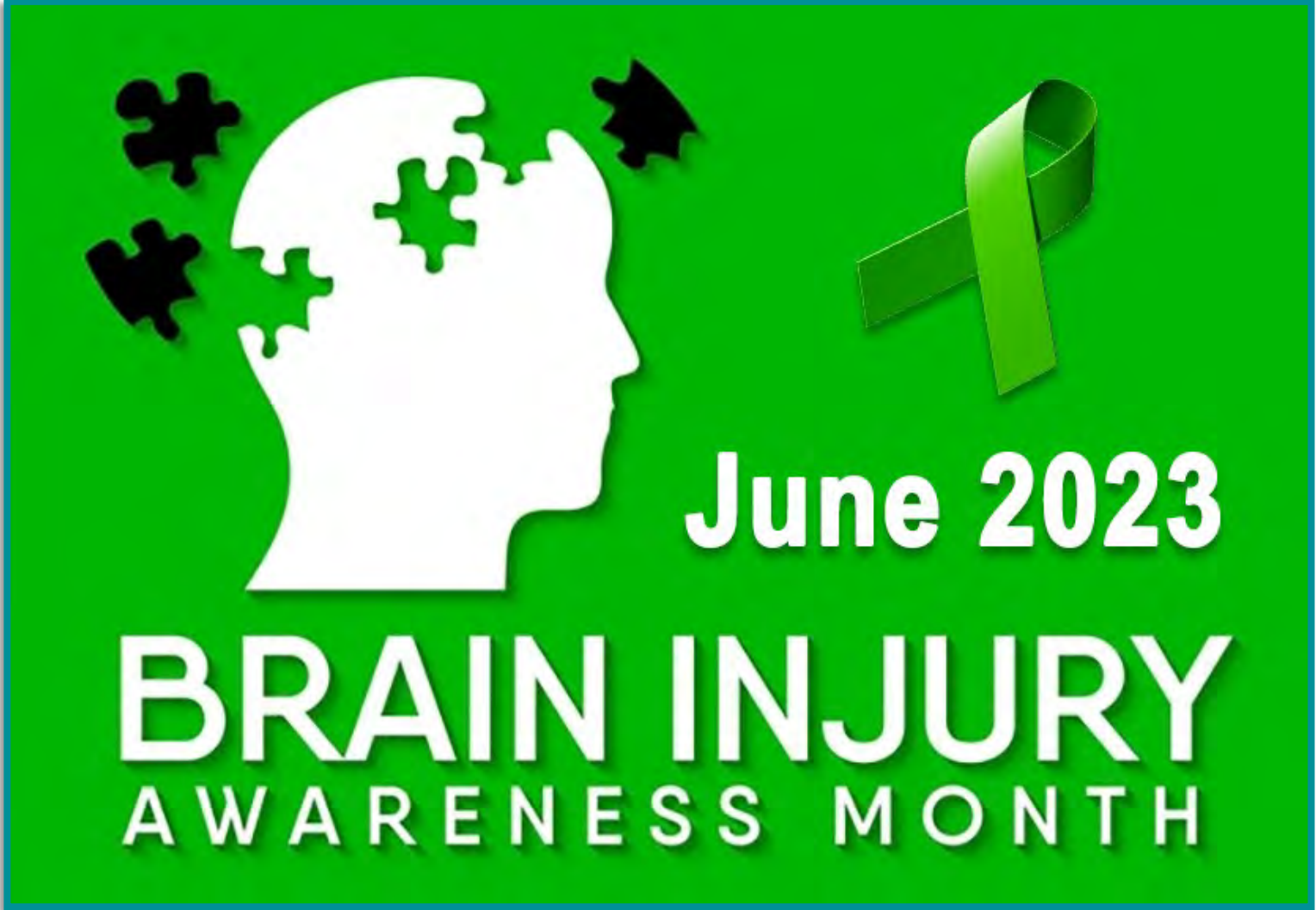
ClientNewsletter@mindforward.org

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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BRAIN INJURY AWARENESS MONTH

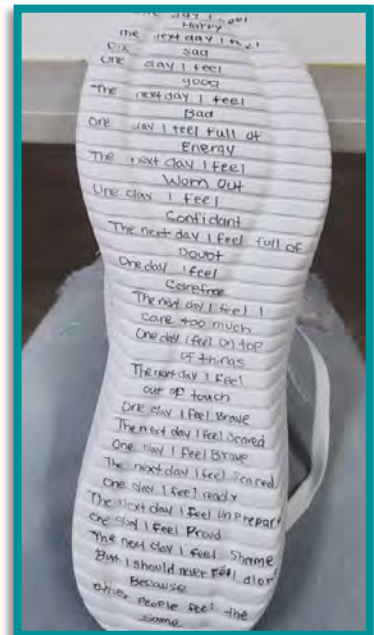


Holly



We “kicked off” Brain Injury Awareness Month with a project, “Walk a Mile in My Shoes”. Everyone had the opportunity to either decorate a shoe or a picture of a shoe during the multiple events that took place around Oakville, Mississauga, and other areas. Here is an example of how Holly decorated her shoe.

We noticed a number of the shoes attached weights to the shoe of some type, to represent difficult journeys, overcoming many obstacles.



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH



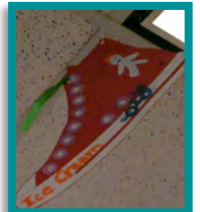
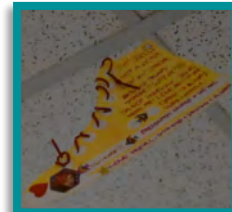
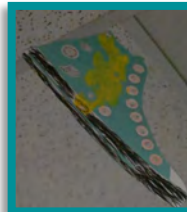
Jessica B.

I did a brain aneurysm shoe. I had a brain aneurysm in 2019. I am a brain aneurysm warrior. The green ribbon symbolizes I am a brain aneurysm survivor.

I put a clock on my shoe to show that time has changed since I had my aneurysm.

I put a book and an apple on my shoe because I am a primary school teacher and I am hoping to go back to work. I am preparing to volunteer at my friend's school. My goal is to be back to work in September.

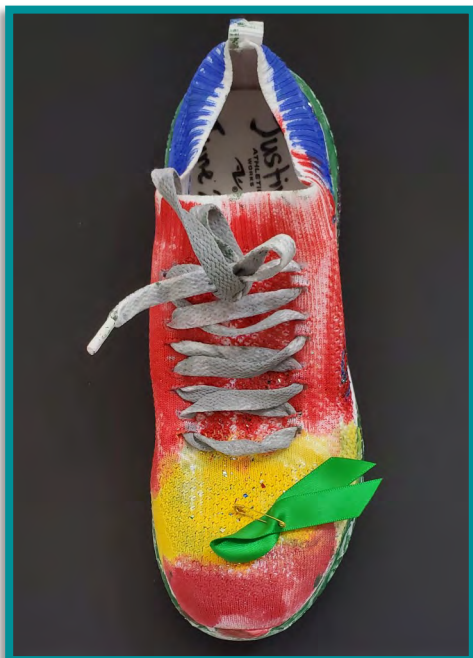
The car at the back symbolizes getting my license back.



Tammy T.

Fay S.

Justina D.



BRAIN INJURY AWARENESS MONTH







Artist's Name: Kory M.


Injury: Head Trauma


Artist's Explanation:


I have been in the dark and at the end of the line. But I am re-born and I'm re-learning everything again. This time, no matter "what", I give my love and care indefinitely, and enjoy every moment of life.

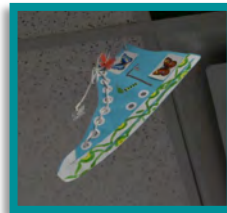
Yellow is the colour of hope.  Direction of life.  Red Changing to Blue= Accident

Broken Glass = Pain and Suffering  Re-define Life, and and turn it into a diamond. 

 BRAIN INJURY AWARENESS MONTH

 WALK A MILE FOR A MINDFUL STEP

 mind forward BRAIN INJURY SERVICES



Jim D.

Symbolic of “re-birth” and transformation, because I had to learn how to re-accept my new self after experiencing my injury.

Ann G.

When I let go, I become what I might be. Flying and feeling unstoppable.

BRAIN INJURY AWARENESS MONTH



Paper shoes hung from the ceiling, and decorated shoes were mounted on display for the Mind Forward Art Show on June 30th.



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH



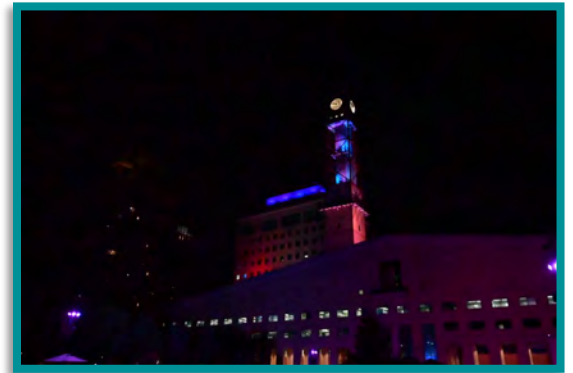
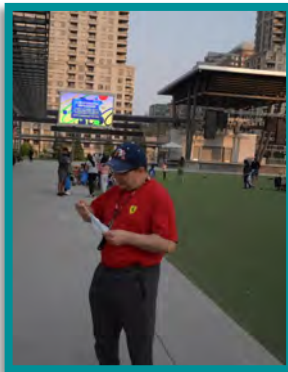
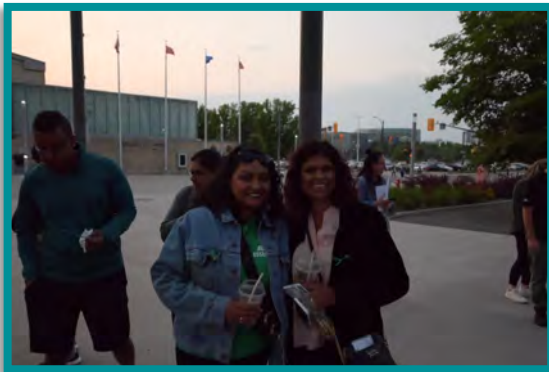
Ryan and Natasha at the Mind Forward Booth in the YMCA in Halton. They helped to educate the public about brain injury.

BRAIN INJURY AWARENESS MONTH

Lighting of the Clock Tower at Celebration Square

As part of Brain Injury Awareness Month, there was a lighting up of the clock tower in Celebration Square.

The air quality wasn't great due to the fires in Quebec, so unfortunately, a lot of people couldn't attend. Those who did seemed to have a great time!



Some comments from Mind Forward people:

Maria - It was a lot of fun, but very cold

Ali - It was good

Justina - I liked it

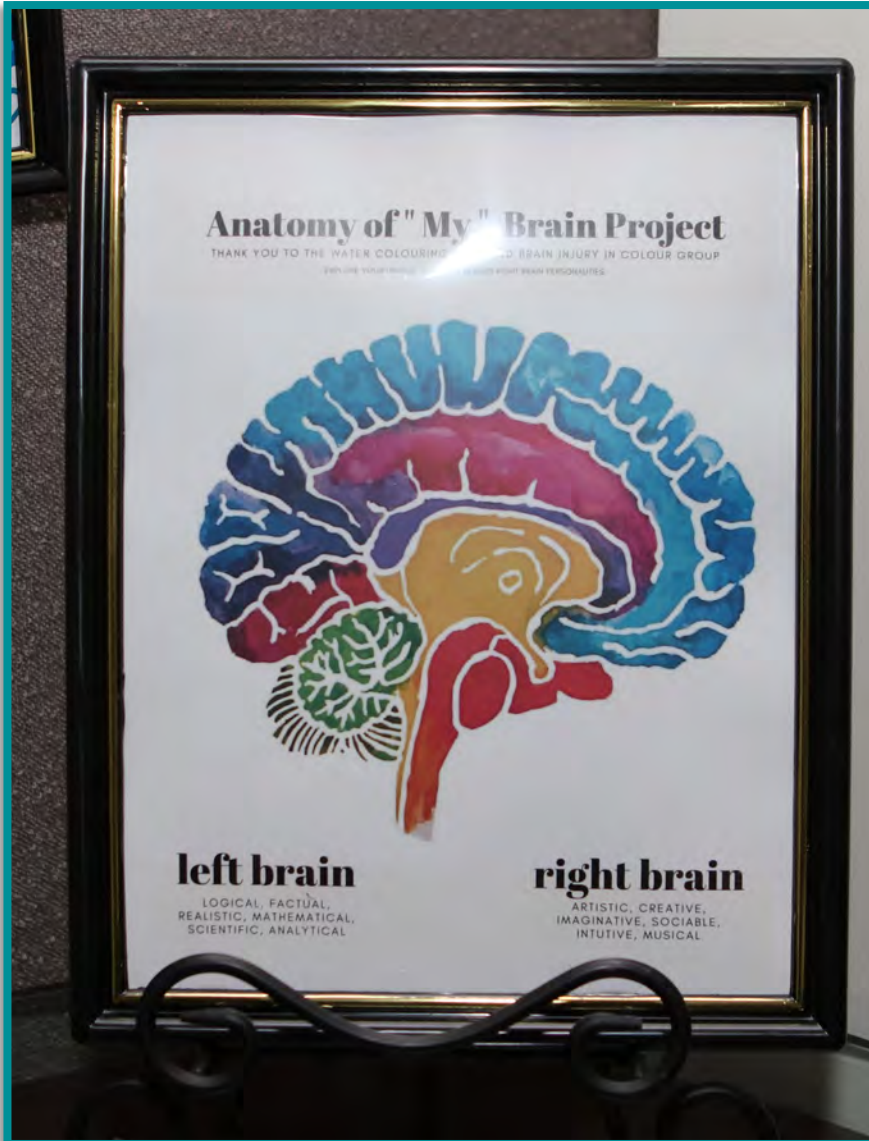
Ryan - I had fun

Thanks for joining us!



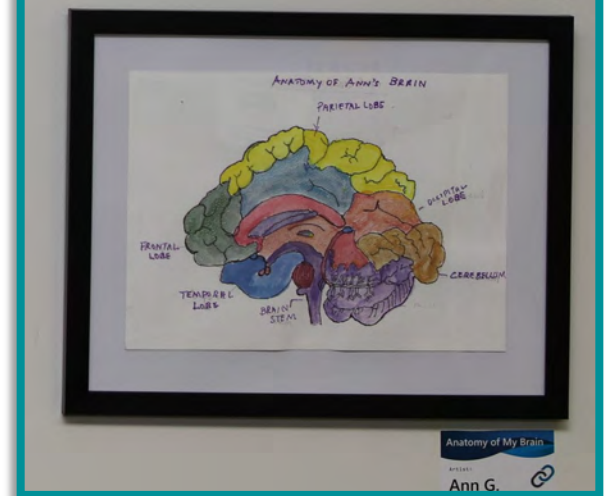
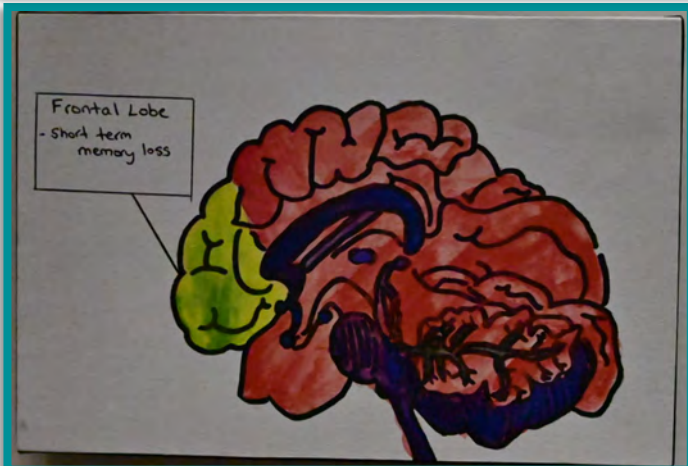
BRAIN INJURY AWARENESS MONTH

The Brain in Color & Anatomy of the Brain

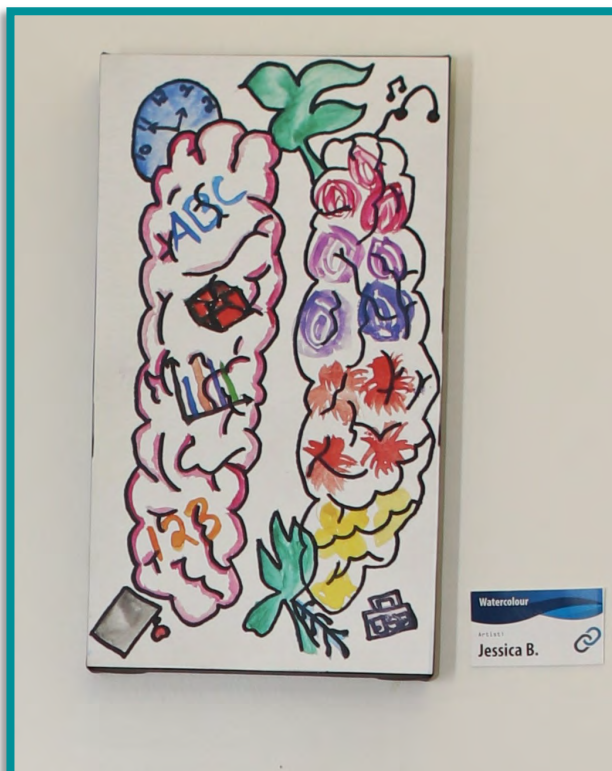


Dr. Seyone did an amazing workshop on the brain, helping us to understand both the scientific and practical issues involved when it comes to brain injury. We are hoping he will agree to do more workshops for us in the future!

We also did an art therapy activity that afternoon, and several other art therapy activities were held later in the month.



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH

Signs of Affirmation



Darryl ran a workshop to teach us how to make signs of affirmation! The signs were made of wood, painted, then we had the option of adding a distressed look to the wood. Here are some of the signs we did in the workshop.



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH

Mind Forward Art Show



On June 30th, Mind Forward finished off Brain Injury Awareness Month with an art show. These photos are just a few of the many pieces of art submitted by clients. The shoe project was also displayed during the event. Thank you to everyone who made this event possible, and to all those who participated!



BRAIN INJURY AWARENESS MONTH



Jason D.



Roland



Neil



BRAIN INJURY AWARENESS MONTH

Abel



BRAIN INJURY AWARENESS MONTH

Kory

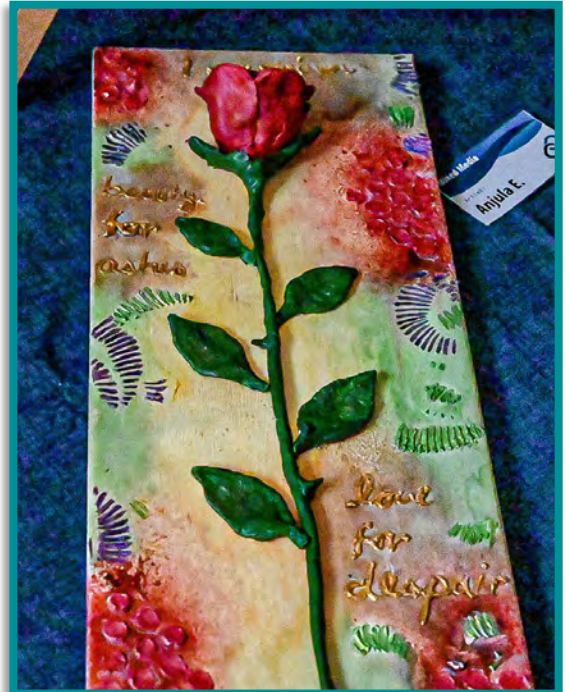


BRAIN INJURY AWARENESS MONTH

Anjula



A
R
T



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH

Ryan—The Art of Photography



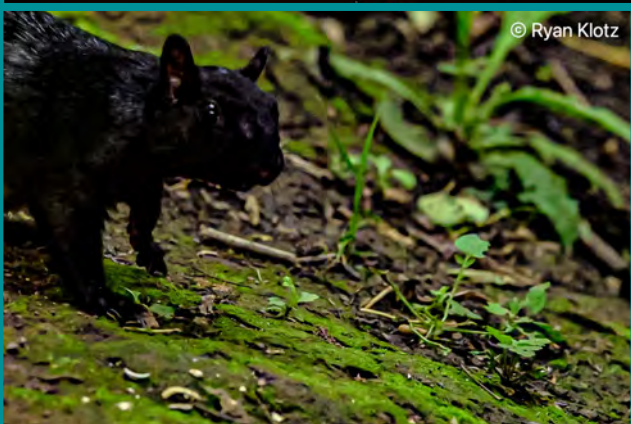
© Ryan Klotz



© Ryan Klotz



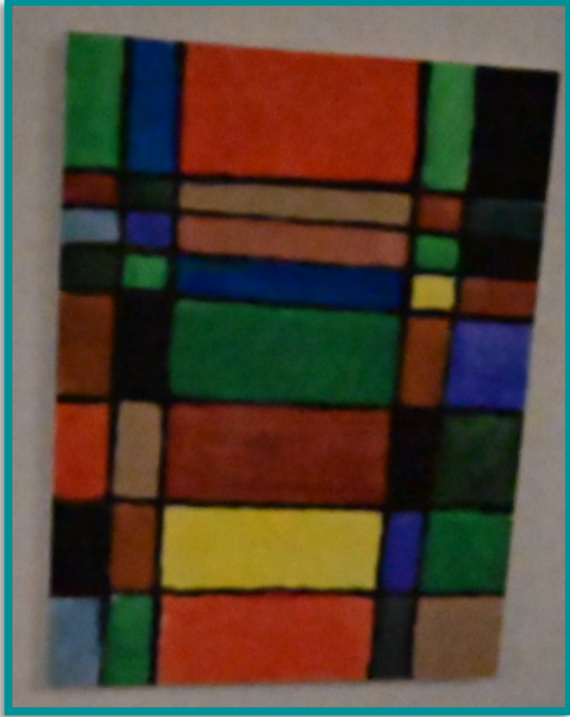
© Ryan Klotz



© Ryan Klotz



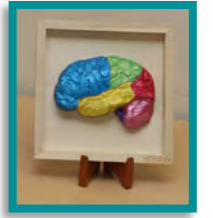
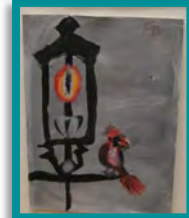
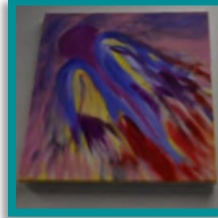
BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH



BRAIN INJURY AWARENESS MONTH





“Resilient”

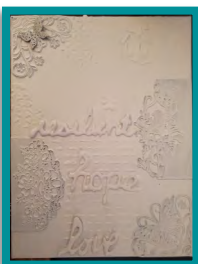
Anjula’s Artwork
Step by Step

Meaning behind the artwork:

Picking up the broken pieces of a shattered life and putting them together, can turn into something unique and beautiful.



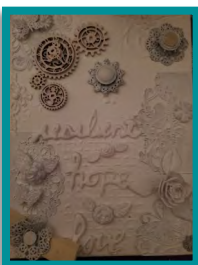
1. I used two coats of white ‘gesso’ on a 9”x12” canvas. This helps prepare canvases for painting. I glued down some metal stencils (they were cheaper than chipboard, which I was looking for) with B-7000 (use a strong glue, not a glue gun, or items will fall off eventually), and coated them with gesso. I used ‘texture paste’ (1/4 cup talc or starch, 1 tbsp. white all-purpose glue, 1 tbsp. white craft paint, some water—mix until consistency of toothpaste) with other stencils to make the raised patterns.



2. I used a glue gun to make some words on a silicone mat, then covered them with gesso (gesso helps other paint adhere to the surface of the material). When dry, I peeled the words off the mat, and placed them approximately where I wanted them on the canvas. I also started using gesso on some metal items (cheap from Amazon or the dollar store). However, I didn’t glue anything on at this step, since I was still in the ideas stage.



3. I sewed buttons (to hold in place) and glued them onto metal pieces to make a sun and a flower. I glued a watch face onto a rivet (to raise it) then onto a metal piece. I covered the watch face with masking tape to protect it from paint. To make the rose, I made a bunch of circles on parchment paper with a glue gun. I rolled the parchment paper to bend the petals so they would dry that way. Then I started at the center, rolled one circle and glued it together (with a glue gun), then glued the rest of the petals on one by one (careful, the glue is hot!) I freehanded the leaves with the glue gun. I also drew a couple of swirly patterns for the border with the glue gun on the silicone mat, then added them after they dried. I covered all the elements with gesso.



4. I glued down a chipboard clock and gears (from a toy I bought on Amazon—instead of building the toy, I used some of the pieces). I bent the metal flower, glued it, and used sponge wedges to balance it during the drying. I also glued down the watch face flower. I made a bunch of glue gun flowers and butterflies using a silicone mold.



5. I added more elements: some flower ribbon on an angle, plastic branches, chipboard butterflies and fabric flower and leaf pieces (dollar store), large wooden beads, a key made from a mold (glue gun), and other metal and chipboard pieces. I filled a blank area with a bit of texture paste (using a stencil). I glued everything down, now that I was happy with my design, and made sure it was all coated with gesso.



6. I added watered down paints, yellow, brown, blue, red, using small spray bottles. Unfortunately, I had forgotten to paint gesso *over* the glue that seeped from the edges of the elements, and it was a bit of a disaster! So, I covered the painting with gesso, which also lightened the colors. In this picture the white gesso is still drying.



7. I applied gesso to the elements, then with a flat brush, painted some elements bronze (the ones on red and brown sections). Then I added some gold on other elements and raised parts (the ones I used texture paste on). I mixed gold with some blue paint to make green for leaves, and mixed gold with red to make a coral color for other elements. I ended up carefully removing the pansy at the top and repainting.



Here is a close-up of the rose I made with a glue gun.

8. I glued on sticker gems.

Title: Resilient

Picking up broken pieces of a shattered life, and putting them together, can make something unique and beautiful.

The sun still rises every day, even on a life that's been shattered. If we cling to hope, a transformation can take place over time. The key is resilience.

Medium: Mixed Media on Canvas (metal, wood, plastic, fabric, paint, glue).

Themes: butterflies (transformation), clocks (time), flowers (growth).



TO THE EDITOR

Inspirational Letter to Rehab Center in Brampton & Their Reply

My rehab at William Osler Brampton, was extraordinary, just like my Rehab-A team. Jennifer, I was gratefully accepted into rehab after my 2nd time admission into emergency at Etobicoke Jan/2023. 2 years ago after my 1st admission in Etobicoke Emergency I had severe spinal compression, electrical sharp pain travelling down my back and feeling numbness, spasticity, contraction leaving me with gait, balance and limp and more. However the choice was to discharge back in Mar/2021. As I continued to deteriorate these 2 years the spasticity and pain increased and again was admitted to Etobicoke Emergency. My family and I advocated for necessary rehab to walk again. Dr O'Brien, O/T Chris, physio Mangot and Mitesh and Mike the manager for reconsidered rehab others continued to say discharge her again. I will remember each and every one of you who supported me and got me out of this 2 yr limbo of pain.

Some like Jasmine /physio are considerate and insightful, some like Satinder/OT are thoughtful, some like Chris & Chrystal reignite the mind and the body with Rec/T fun.

I love that no one stopped us, no excuses. Dr.Grewal responded to my needs with confidence and grace. Dorota cared to listen and extended trust. As patients we felt care from a kind word, a smile, a caring touch from Joy, Lourdes, Sherri, Windlyn, Sam, Kim, Delvis. We always looked forward to lovely Tracey, who always responded with genuine compassion, and treated us to celebrating as a whole person not a task. My recovery went above and beyond expectations because Rehab-A Team went above and beyond.

I related to patients in physical crippling pain and to patients with a brain injury. Your rehab reflects our human rights and our humanity. It's more than a journey or an experience it's about recovering quality of life and having to fight for it. Jaz shared resources upon discharge, to transition back to home. I've asked and took initiative to be included in rehab with meaningful quality of life. I've tried to access rehab, kept in painful limbo for 2 yrs, invisible, searching for help. It's dangerous to keep patients blind, deteriorating and expect us to live safely. I am able to see this Rehab-A team as the team who said we can and yes we did. You offered insight, trust, vision to a new future of rehab that can grow and advocate to further transition patients into mainstream, and represented in our community with the help of the Ontarians with Disabilities Act.

Again thank you and may each one of you be blessed in return for all your healing.

Sincerely, Flora

TO THE EDITOR



Wow!

Flora, this message was one of the first to greet me this morning and it is a true testament to the power of love. Love is a verb- it is a call to action, a call to service. We are called to look beyond ourselves and will the good of the other for the other. I am proud to be apart of this team and although I didn't get a chance to work with you directly, I am so happy that as a team, we were able to offer you a renewed opportunity to live the life you were given. You mentioned trust, vision and humanity- these are integral to our ability to persevere. These words translated into action breathe life.

I truly do thank you for taking the time to send me this letter. It means a lot and I will make sure that the team receives it. I hope that as you continue to walk through your recovery journey, that you are inspired to keep asking, keep advocating, keep looking forward. There will certainly be tough days, but they come with the package we call life; it is my ardent hope that your experience on Rehab A sustains you.

Please keep in touch with us letting us know how you are progressing/managing.

May you continue to find reasons to smile,

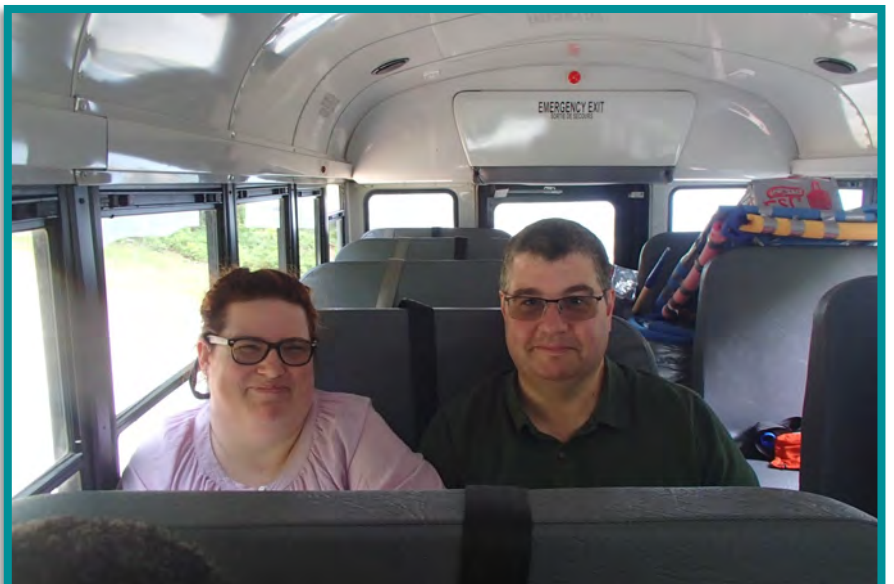
Kindest Regards,

Jennifer Kyere, MPT
Clinical Service Manager, Inpatient Rehab A and B and 3rd Med PDS | William Osler Health System



PROGRAMS & DAYTRIPS

BOUNDLESS, AN UNFORGETTABLE ADVENTURE



Featuring Ann, and Sara and her husband (the birthday boy) Rick.

BOUNDLESS ADVENTURES

ARR, WE BE PIRATES!



It started on the river, where we be out rafting. Then, arr, we be taken o'r by pirates! The cap'n decided to share his booty with us, and X marks the spot!



After a wonderful beach day when we took out the canoes, we hand carved our own small paddles and decorated them. Featured here: Nigel, his son Chris, Mike, Ann, and Dylan.



BOUNDLESS ADVENTURES

MURDER MYSTERY!



Hidden clues that were discovered in the area:



A few of the many suspects in this disturbing tale:



THE MURDERER!



(And we'll also never forget Roger Webster, Attorney at Law)

BOUNDLESS ADVENTURES

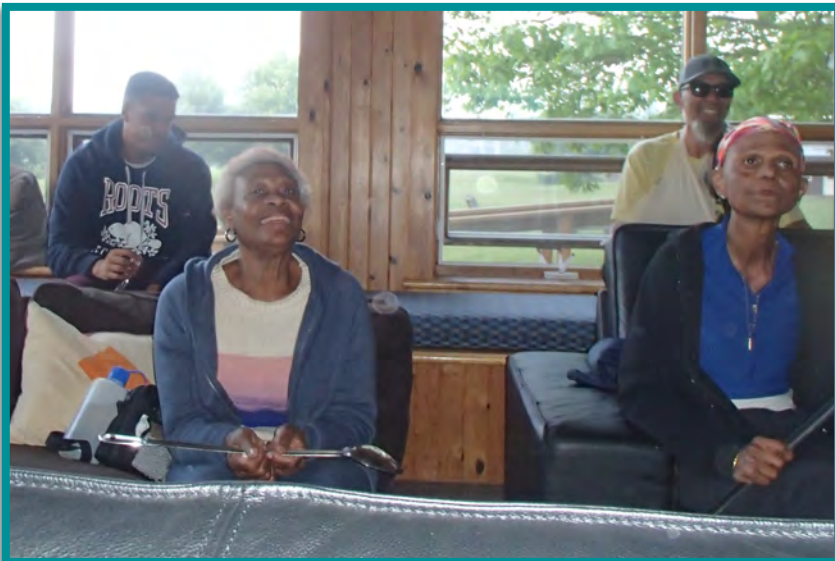
Our amazing staff, Dylan in a dress, and Oreeda with an Oreo stuck to her face.
We now dub thee Oreo-da...



Start of Karaoke:



Where we ended up:



MIND FORWARD CALENDAR

In-Person Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Bowling Classic Bowl 11:00 -12:00	Conversation Street 10:00 – 11:00	Science Simplified 10:00 – 11:00	Bingo 10:30 – 12:00	10:30 – 12:00
	Gardening 10:30 – 12:00	Sunshine Stroll 10:00 – 11:00		
	How It's Made 11:00 – 12:00	Around the World 11:00 – 12:00	Discovery 11:00 – 12:00	Jumpstart 10:00 – 11:00
Drop In 1:30 – 4:00	Lunch Buddies 12:00 – 1:00	Lunch Buddies 12:00 – 1:00		
Book Club 2:00 – 3:00	Mindful Music 1:00 – 2:00	Virtual Games 1:00 – 2:00	Karaoke 1:00 – 2:00	
Adaptive Fitness 2:00 – 3:00	Artistically Yours 2:00 – 3:30	Tabletop Tournament of Champions 2:00 – 3:30	Drawing with Friends 2:00 – 3:00	Community Summer Adventures 1:00 – 3:30
Sports Heroes 3:00 – 4:00	Movie Mates At Cineplex 3:30 – 6:30		Streaming Syndicate 2:00 – 3:30	

DROP IN SCHEDULE

Head Office is open for supervised unstructured activity as follows:

Monday: 1:30—4:00

Tuesday: 12:00—3:30

Wednesday: 10:00—3:30

Thursday: 10:00—3:30

Friday: Drop in Not Available

MIND FORWARD CALENDAR

Virtual Programming

Virtual groups are accessible through the agency website. Click on 'Upcoming Events' for the Zoom links. The password to access virtual groups is **2021**

Groups are as follows:

Monday:

Weekly Kickoff:	10:00–11:00
Brain Teasers:	11:00–12:00
Book Club:	2:00–3:00
Sports Heroes:	3:00–4:00

Tuesday:

Conversation Street:	10:00–11:00
How It's Made:	11:00–12:00
Mindful Music:	1:00–2:00
Water Colouring:	2:00–3:00

Wednesday:

Science Simplified:	10:00–11:00
Around the World:	11:00–12:00
Games Group:	1:00–2:00
Culinary Creations:	2:00–4:00

Thursday:

Discovery:	11:00–12:00
Drawing with Friends:	2:00–3:00
Movie Club:	3:00–4:00

Friday:

Jumpstart:	10:00–11:00
Giving Gratitude	11:00–12:00
Creative Writing:	2:00–3:00
Client Newspaper:	3:00–4:00



MIND FORWARD GROUP DESCRIPTIONS

Group Descriptions

*** There are no participation fees for In Person groups unless specified ***

Bowling @ Classic Bowl 3055 Dundas St West.

Session 1: April 24—July 31

Session 2: August—October

Cost: 117\$

Bowling has many physical and cognitive benefits such as muscle toning and strengthening, improving social skills, reducing stress and enhancing eye and hand coordination.

Book Club

This is a hybrid group (Available in person and virtually)

Join this group to explore various literacy works. Participants will engage in an open discussion about the book in relation to life experiences. This group will help to increase communication skills (listening, reading and writing) as well as socialization and interaction.

Adaptive Fitness

This is a specialized exercise program offered in a supportive environment and will be adapted each class based on participants needs. Classes may include stretching, weights, cardio or core work.

Sports Heroes

This is a hybrid group (Available in person and virtually)

A gathering of sports enthusiasts to celebrate the legends of the athletic world. We will discuss the achievements and impacts of your favourite sports heroes across various disciplines.

Conversation Street

This is a hybrid group (Available in person and virtually)

Thought provoking discussions on a variety of topics such as current events, pop culture, science and life. This group encourages open-mindedness and respectful exchanges as we explore different perspectives.

Gardening

A community of green thumbs. Join us to share tips, inspiration and the joy of nurturing plants. All are welcome from novice plant enthusiasts to seasons horticulturalists.

MIND FORWARD GROUP DESCRIPTIONS

How It's Made

This is a hybrid group (Available in person and virtually)

This group explores how everyday items (such as clothing, accessories, food and industrial products) are manufactured. Video clips are followed with a lively discussion.

Lunch Buddies

Bring your lunch to Head Office and enjoy your meal with peers. Eating lunch as a group brings people together, promotes social interaction, enhances well-being, expands horizons, and contributes to a more enjoyable and enriching lunchtime experience.

Mindful Music

This is a hybrid group (Available in person and virtually)

Through mindful music sessions, discussions, and sharing, we delve into the therapeutic qualities of music, its ability to calm the mind, soothe the soul, and awaken emotions. Together, we explore various genres, sounds, and melodies that resonate with our individual journeys, cultivating a deeper connection to ourselves and the world around us.

Artistically Yours

This group offers an environment where various art forms will be explored as means of self expression. No matter your level of experience or artistic background, Artistically Yours invites you to embark on a creative adventure, unlock your imagination, and discover the artist within.

Movie Mates @ Cineplex Theatre 309 Rathburn Rd. W

Cost: Pay As You Go

Join your peers for an afternoon at the theatre. Staff will provide options and times each week. Indulge in the collective excitement of watching films together.

Science Simplified

This is a hybrid group (Available in person and virtually)

Science Simplified is a place where curious minds come together to explore the wonders of the natural world, unravel complex scientific concepts, and foster a deeper appreciation for the beauty of science. We strive to break down complex ideas into digestible and relatable explanations, ensuring that everyone can participate in and benefit from scientific discussions.

MIND FORWARD GROUP DESCRIPTIONS

Sunshine Stroll

In this group, we come together to embark on group walks, breathing in fresh air and basking in the warmth of the sun. We will engage in meaningful conversation, share stories and celebrate the simple pleasures of being outdoors. This group is open to everyone regardless of fitness level.

Around the World

This is a hybrid group (Available in person and virtually)

Around the World is an educational journey that takes participants on a global exploration of cultures and traditions. Through interactive sessions and engaging discussions, we dive into the history, geography, arts, languages and customs of different countries and regions.

Virtual Games

This is a hybrid group (Available in person and virtually)

This group embraces the power of technology to bring people together to participate in a variety of gaming experiences.

Tabletop Tournament of Champions

This group is for those who enjoy board and card games. From classic favorites to modern gems, our program will cater to a diverse set of interests and playing styles. The tournament platform will include rewards.

Bingo

Cost: 2\$ per session

Indulge in your love for this classic game. Whether you're a seasoned bingo pro or a newbie looking to learn the ropes, our group offers a welcoming and inclusive environment for everyone to enjoy. We offer a variety of bingo games to keep things exciting. Prizes are available.

Discovery

This is a hybrid group (Available in person and virtually)

Discovery is a community of learners coming together to explore a wide range of topics. Our group values the exchange of ideas and encourages participants to share their insights and ask questions.

MIND FORWARD GROUP DESCRIPTIONS

Karaoke

A community of music lovers who believe that singing is not just a performance but a form of self-expression and pure enjoyment. Participants can showcase their talents, have fun, and connect with fellow karaoke enthusiasts. Let the applause of your fellow singers fuel your musical spirit!

Drawing with Friends

This is a hybrid group (Available in person and virtually)

Drawing is not just a talent, but a skill than can be developed through practice, guidance and encouragement. In this group, we embrace the joy of drawing and foster a supportive community where everyone can improve their artistic skills in a fun and friendly environment.

Streaming Syndicate

A gathering of TV enthusiasts who share a passion for binge worthy series. In this group we celebrate the art of television . Through virtual watch parties, lively discussions, and engaging conversations, we transform the solitary act of watching TV into a social experience. We encourage members to share their thoughts, theories, and insights.

FoodCraft

Cost: 40\$

Embrace the artistry of food and explore the endless possibilities of gastronomic creativity. In this group, we celebrate the fusion of flavors, textures, and presentation, tuming ordinary ingredients into extraordinary culinary masterpieces.

Jumpstart

This is a hybrid group (Available in person and virtually)

Jumpstart upper body is an accessible workout group that is good for any client. Most exercises are adapted so that they can be done standing or sitting. We will be doing some stretching, exercises and finishing with some weights.

Community Summer Adventures

This group is all about connecting with one another at various venues. We provide a diverse range of opportunities to explore your neighborhood while building friendships and memories. The Day Service team will provide a list of meet up locations throughout Mississauga.

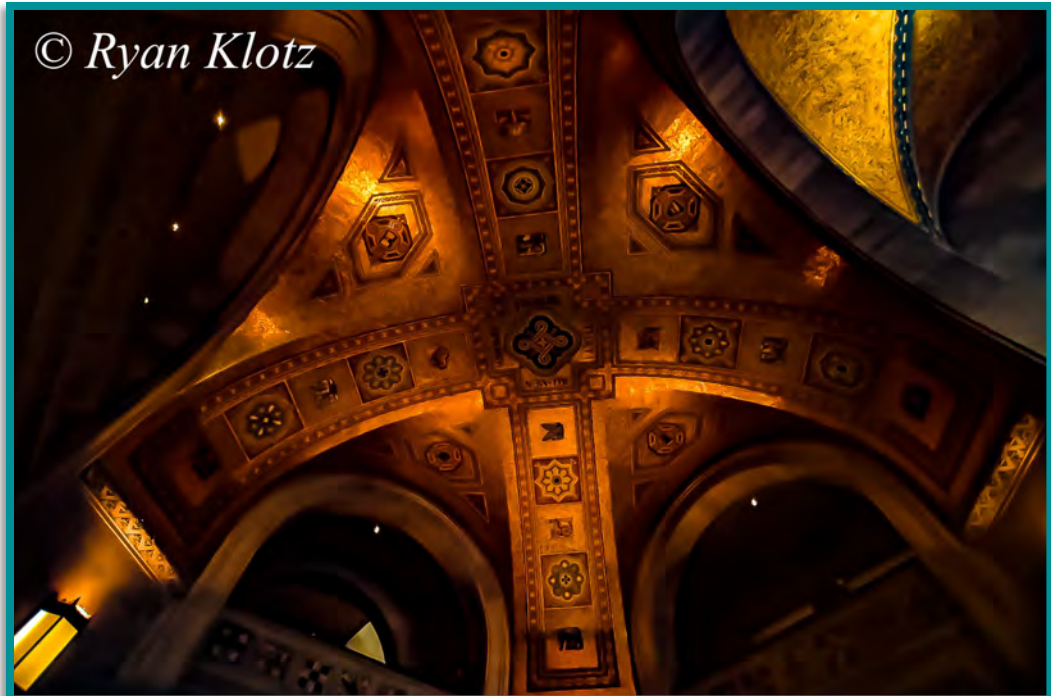
MIND FORWARD DAY TRIPS



Day at the Royal Ontario Museum (ROM)

Mind Forward Outing

A day at the ROM is an eventful one, as for getting there the best way is by GO Train followed by the Subway to Museum station. Once out on the street the ROM is immediately to your left after exiting the subway station. The first thing you see when you walk through the doors is the Atrium and masterful design when you look up to the ceiling. Its vibrant design is breathtaking.



All the different exhibits there are a lot more than the ones I took pictures of. As well the tour of the ROM and exhibits. What was interesting was in the Dinosaur Exhibit, how they have it marked whether it is the real bones or modeled after the real bones. For the ones that were modeled from the real bones still being studied from the site they were found in.

MIND FORWARD DAY TRIPS



Part of the fun was pretending this video exhibit-it was actually an aquarium of prehistoric marine animals. The group caught on eventually that it was a wall-sized video, but we had some fun! - Anj



As well as the gem exhibit on how some of the gems were formed, all the exhibits were amazing. Learning about the Egyptians and the story behind Tefnut and how she is the goddess of moisture and rainfall was fascinating.



MIND FORWARD DAY TRIPS



MIND FORWARD DAY TRIPS



MIND FORWARD DAY TRIPS

Saturday Morning Outing to Cora's



Our very patient hostess, Suzy, and me

• Anjula

I've heard so much about the amazing food at Cora's, and they did not disappoint. Nearly 30 people showed up for the MF Saturday outing to Cora's on June 10th, and we had a great time!

One thing I really liked about the outing was that it gave many of us something special to look forward to on a weekend. We had our own separate room, which we packed with our big crowd. It was so nice to see so many people after so long. Some people I hadn't seen since before COVID.

Clients from Britannia, Conover, plus many others attended. We had lots of laughs, and enjoyed such a nice social outing, with old and new friends.

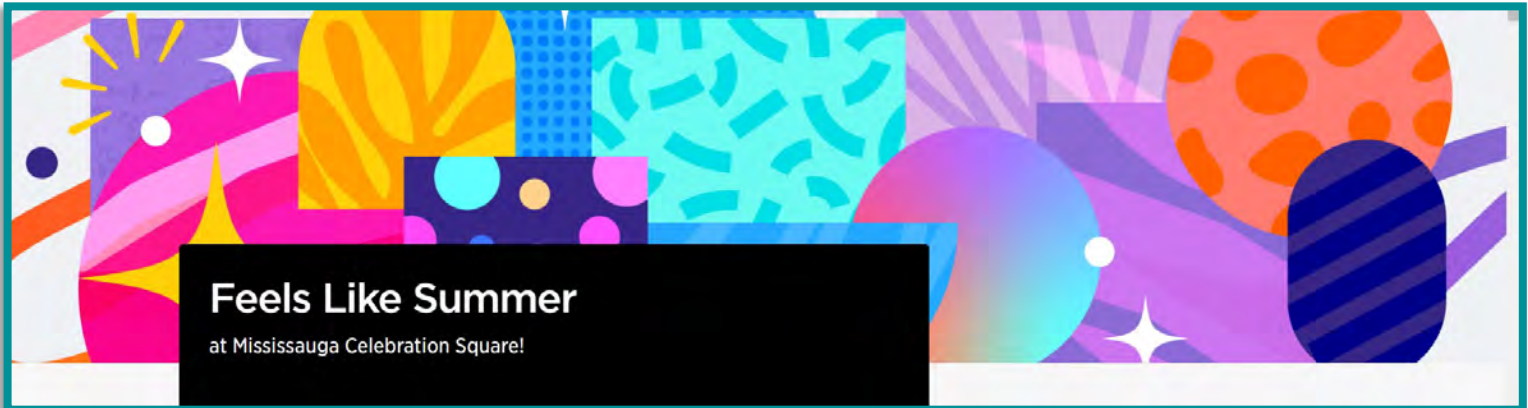
The restaurant staff was courteous and efficient, and it was definitely an outing we'd like to do again!



MIND FORWARD DAY TRIPS



LOCAL ACTIVITIES

A large, colorful poster with a purple central panel. The text "IT FEELS LIKE SUMMER AT CELEBRATION SQUARE!" is written in large, bold, white letters. Below this, a dark purple box contains the text "Free events & experiences May - October 2023". The background is filled with colorful, abstract shapes and patterns. At the top right, the "CELEBRATION SQUARE" logo is visible. At the bottom, there are logos for "Mississauga.ca/FeelsLikeSummer", "alectra", "mississauga tourism", and "MISSISSAUGA".

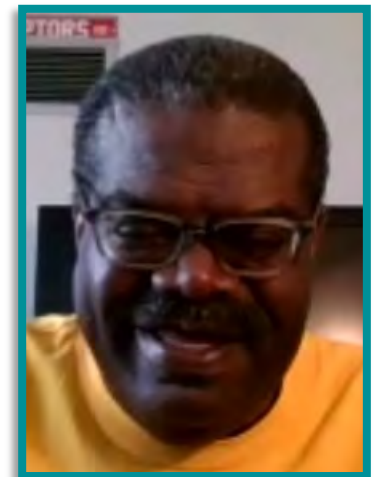
CELEBRATION SQUARE

**IT FEELS LIKE
SUMMER AT
CELEBRATION
SQUARE!**

Free events & experiences
May - October 2023

Mississauga.ca/FeelsLikeSummer

alectra mississauga tourism MISSISSAUGA



Nigel Recommends

Every Thursday, 8-10pm:

Movie Nights

Every Saturday, various times:

Cultural Festivals

Most Fridays in September, 7-9pm:

Local Music

LOCAL ACTIVITIES


CELEBRATION SQUARE

2023 SUMMER AT A GLANCE

DAILY ACTIVITIES


SPLASH IN THE FOUNTAIN

Open daily starting May 19.....10 am - 9 pm

Powered by: 

GRAB A BITE AT THE PORCH

Food Trucks open daily

The Porch sponsored by: 


WEEKLY EVENTS

FRESH AIR FITNESS

Zumba, Boot camp & Yoga

Tuesdays

May 23 - August 29..... 7 - 8 pm

Presented by: 

MOVIE NIGHTS

Thursdays

May 25 - August 31..... 8 - 10 pm

Presented by: 

LIONS FARMERS MARKET


Wednesdays (except June 21)

June 7 - October 18..... 9 am - 3 pm

OPEN AIR STORYTIME

Wednesdays in the Amphitheatre


July 5 - August 30..... 10:30 - 11:30 am

Presented by: 

AMPHITHEATRE UNPLUGGED

Wednesdays in the Amphitheatre

August 2 - 30..... 7 - 9 pm

In Partnership with: 

LOVE LOCAL MUSIC

Fridays (except September 15)

September 1 - 29..... 7 - 9 pm

SPECIAL EVENTS

CHINESE CULTURE FESTIVAL

Saturday, May 20..... 11 am - 8:30 pm

LIVING WITH WELLNESS ARTS FESTIVAL

Saturday, June 3..... 1 - 11 pm

MISSISSAUGA POLISH DAY

Saturday, June 10..... Noon - 11 pm

10TH MISSISSAUGA HALAL FOOD FESTIVAL

Friday, June 16..... 4 - 11 pm

Saturday, June 17..... 1 - 11 pm

NATIONAL INDIGENOUS PEOPLES DAY

Wednesday, June 21..... Noon - 9:30 pm

Miichi Sagiig Anishinaabe United Pow Wow

In Partnership with the Mississauga Nation

Celebration & Concert

Performing Live: *DJ Shub presents War Club Live*

In Partnership with the Mississaugas of the Credit First Nation

MISSISSAUGA WORLD MUSIC FESTIVAL

Saturday, June 24..... 11 am - 9:30 pm

CANADA DAY 2023

Saturday, July 1..... 4 - 10:30 pm

Presented by: *Tim Hortons*

MUSLIMFEST 2023 20TH ANNIVERSARY

Friday, July 7..... Noon - 11 pm

Saturday, July 8..... Noon - 11 pm

Sunday, July 9..... Noon - 9 pm

PHILIPPINE FESTIVAL MISSISSAUGA

Saturday, July 15..... Noon - 11 pm

Sunday, July 16..... Noon - 7 pm

#BOLLYWOODMONSTER MASHUP 2023

Friday, July 21..... 4 - 11 pm

Saturday, July 22..... 2 - 11 pm

MISSISSAUGA LATIN FESTIVAL

Friday, July 28..... 5 - 11 pm

Saturday, July 29..... Noon - 11 pm

Sunday, July 30..... Noon - 7 pm

TD MOSAIC FESTIVAL 2023

Friday, August 4..... 6 - 11 pm

Saturday, August 5..... 3 - 11 pm

MISSISSAUGA ITALFEST

Friday, August 11..... 5 - 11 pm

Saturday, August 12..... Noon - 11 pm

JAPAN FESTIVAL CANADA 2023

Saturday, August 19..... Noon - 10 pm

Sunday, August 20..... 11 am - 7 pm

THE EGYPTIAN HERITAGE MONTH EVENT

Saturday, August 26..... Noon - 11pm

RED FM 'SUMMER BHANGRA JAM'

Saturday, September 2..... Noon - 11 pm

PORTUGALO FEST

Saturday, September 9..... Noon - 11 pm

TASTE OF SOUTH EAST ASIA - MOONFEST

Saturday, September 16..... Noon - 11 pm

2023 COMMUNITY CRIME AWARENESS DAY

Sunday, October 1..... 11 am - 9 pm

KHYBER TO MEHRAN JOURNEY 2 PAKISTAN

Saturday, October 7..... Noon - 11 pm


CANADA DIWALI 2023


Saturday, October 14..... 2 - 10:30 pm

Sunday, October 15..... Noon - 9 pm

For detailed event listings, please visit:

Mississauga.ca/FeelsLikeSummer

 Events are weather-permitting and subject to change

 Celebration Square is smoke-free

 Celebration Square produced event

 Independently produced event

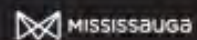


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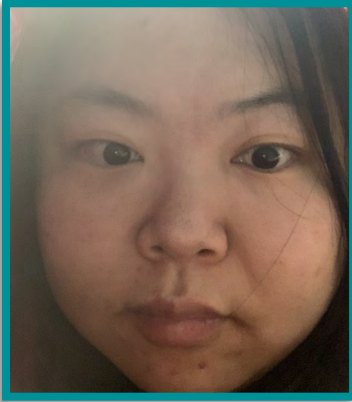
Call 

Mississauga.ca/FeelsLikeSummer

free events



LOCAL DAY TRIPS



Centennial Gardens

Xiao's Pick



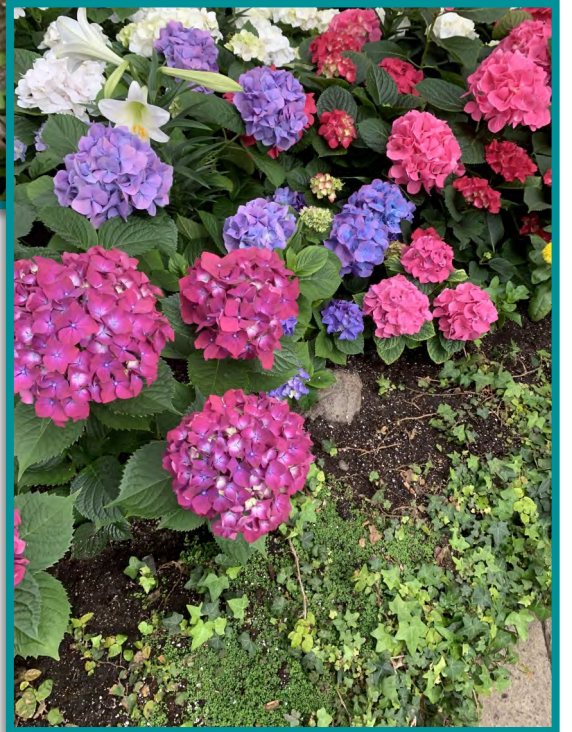
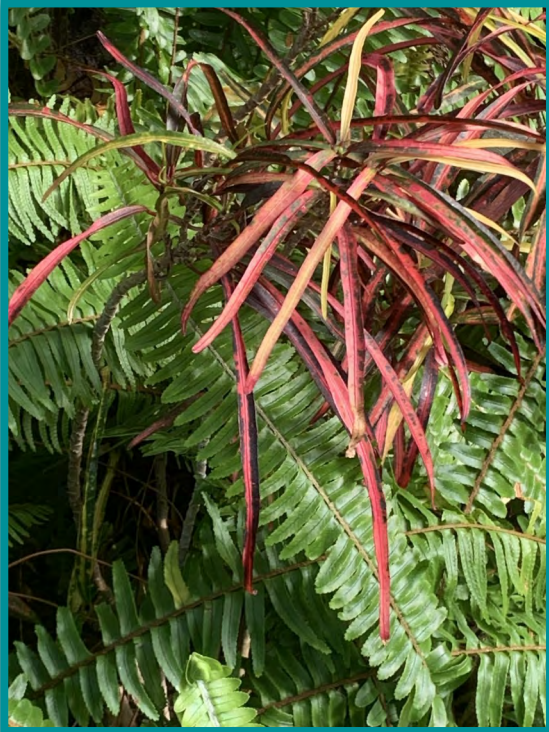
I have only been to other paid gardens a few times but I prefer the free Centennial Gardens by Etobicoke on the borders near Mississauga, and close to a few restaurants by car such as Tim Hortons.

The garden is a small indoor green house located near one of several parking lots that lead to the huge widened park, it's often used for sledding, golfing, picnics, or wedding photo shoots depending on the season and time of the year.

Different temperatures in the three indoor portions of the green house provide for different types of plants to grow. There is a miniature live cactus section, which only grows one inch a year or less. There are varied desert and Hawaiian breed plants in the warmer sections of the green house, which is also a little more dry than the other areas of the house.

The centre room of the house contain multiple pathways that split off in different directions and contain a bridge with giant gold fish of different colours. There are also multiple benches, an idyllic photography set up area with a picturesque background, vine line green shrubs ascending the whole height of the midway point. And sculptures made of silver coloured mannequin woman with mosaic like cross print plant patterns greet the people who visit the house.

The last section is my favourite part, it's traditionally used for scented flowers, that are all located close to the ground, and have a formal, variety of shapes, structures and levels of colour complexity and shapely colour patterns, with variations between simply contrasts and complex contrasts, radial circles and solid circles, complimentary colours and tertiary chromes mixed with half monochrome colours.



LOCAL DAY TRIPS

Things to Do in the Summer

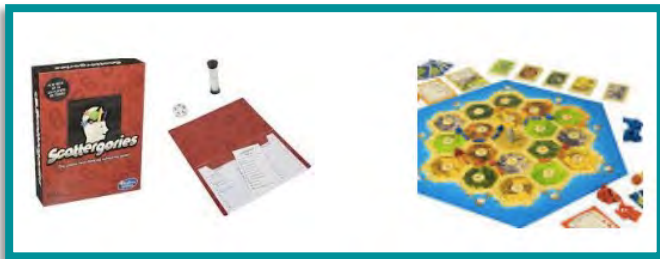
Time to plan fun activities for the summer! Here are some suggestions for what to do over the summer. When I was teaching, summer was one of my favourite times of the year. It is still my favourite time since a lot of people are off work for the summer. Here are some activities you can do over the summer, hopefully you find some great ideas in my article.



Jessica

BBQs and Have Friends Over

Another great idea is to invite friends over in the evening for a BBQ and then you can play board games outside and enjoy the weather. Here are some great games you could play with your friends: What Do You Meme?, Clue, Scattergories, Catan, Last Word, Coup, Scrabble, The Game of Things, and Train Dominoes. They are all strategy games that make you think while playing.



Rattlesnake Point Conservation Area

Is a place you can visit in Milton, Ontario and is operated by Conservation Halton. It has many golf courses and country markets. It is great if you like to hike, rock climb or ride a bike. It is also a great place to bring your dog to go for a walk. Additionally, they have camping at the park so you could go with your family.





Kelso Conservation Area

Is normally a place to go skiing or snowboarding. But it is also a place to go to for an outdoor adventure. It is called Glen Eden, there you can go on trails for hiking or mountain biking and they also have a Challenge Course to push your limits and try something new. Additionally, they have a lake where you can go on a canoe or kayak and they also have a lifeguarded beach. It is really nice!

Paramount Canada's Wonderland

A great place to go with your family. They have a lot of different rides for all different ages and a play place for younger children. So it is a great place for a family adventure. I don't know if they have any new roller coasters since I haven't been there in a while, but they have amazing rides and a lot of games you can check out! Additionally, they have season passes if you are planning to go their more than once in the summer time. The seasons pass allows you to go as many times as you want and you just have to show your pass. It also gives you deals in the park and you are given shorter lines to go on the rides.

LOCAL DAY TRIPS

Sandbanks (Prince Edward County)

It is one of my favourite places to go to! A lot of my family lives in Prince Edward County so I usually go in the summer time to visit them. Here are some things you can do in Prince Edward County, if you have time to go away for the summer. They have a really nice beach called The Sandbanks. They also have a really nice winery and they also sell Prince Edward County cider, which is really good. They have biking, boating and canoeing that you can do at the sandbanks. At the sandbanks they also have places to fish so you can rent a boat and catch some fish in the water. Additionally, they have hiking trails so you can get some exercise and check out the places.



Sit Outside and Read a Book

Another great idea which is free is to enjoy the beautiful weather and read a book outside! I enjoy sitting outside on my outside furniture and reading any Emily Giffin book. They have lots of different books at chapters so check it out and then you can sit outside and read a nice story.



Mind Forward has a Book Club on Monday afternoons at 2pm! Join us on Zoom for some interesting times!

Port Credit Walk Way

Port Credit is part of the city of Mississauga but it feels like a small town. It has a lot of shows, restaurants and cafes. There is a lot of green space in Port Credit and parks you can check out! It has 22 parks and wetlands along Lake Ontario and it also has the Bradley Museum and Rattray Marsh.



Centreville Amusement Park (Toronto Islands)

A great amusement park to go to with your family in Toronto. Here are the main events and things you can do at the park. One thing I love is the funnel cake shop and you can get a yummy funnel cake as a snack or for dessert. They also have a place where you can see animals and you can go in and feed them and pet them. Additionally, they have rides you can go on, these rides include a swan ride, bumper boats or a log ride. They have two different types of tickets, they have tickets for just seeing the park, splash pad and farm and then they have an all access ticket you can buy online which will allow you to go on all the rides. The all access pass is 30 dollars per person and must be purchased online. If you don't like rides you can visit the Far Enough Farm that is next door to see different farm animals.



Donkey Sanctuary of Canada

They do private tours and is located in Pulinch Ontario on 6981 Conc. 4. They rescue and rehabilitate donkeys and mules who have been neglected or abused and need sanctuary. Canada actually has a large population of donkeys so it is important that they have a sanctuary dedicated to their care.

LOCAL DAY TRIPS

Black Creek Pioneer Village

They have self-guided tours from Wednesday to Sunday 11:00 am until 4:00 pm. When you go you can explore the village and they have made a couple of changes to the village if you haven't been there in awhile. They are now working with Indigenous scholars and elders and they want to make sure to include indigenous voices and perspectives in their pieces.



The Toronto Zoo

They are open from 9:30am-7:00pm everyday and costs \$31.95 for an adult ticket. The zoo has over 3000 animals. They also have different things you can do at the zoo other than seeing the animals. They have tours on the zoo mobile and guided tours at the green house and then you can see plants from around the world. Additionally, they have activities to do with your children which can be found in the discovery zone. They have a kid zoo and in the kids zoo you can climb in their tree house and you can see goats and alpacas. Additionally, if it is a hot day they have a Splash Island, but it is only open on the weekends. It is a large splash pad with waterfalls and tipping buckets, a lot of fun!



Tour a Brewery

They have lots of great breweries in Ontario you can check it out. Here are some of the breweries, they have a brewery called Flying Monkeys which is one of Michael's favourite breweries. I didn't realize it was so close to us I am definitely going to check it out. They do tours at the brewery and interestingly they have free weekend tours at four different times (1:00, 2:00, 3:00, and 4:00). They however, only do tours for 8 people at a time so if you do want to go make sure your group is only 8 people or less.



Marine Land

Another great adventure with your family! They have lots of different animals you can look at and rides you can also go on. Additionally, you can bring in food and beverages into the park. They have picnic tables in the family picnic area to eat at. On their website they have pictures of the different rides, and you can see if there are some rides you would like to go on!



Horseback Riding - The Ranch

It is a great place to go horseback riding. It is located in Oakville and they are great with beginner riders and expert riders. They also have summer day camps for children 10 -16 years of age. A great place if you love animals.



LOCAL DAY TRIPS

Black River Cheese - Prince Edward County

They sell a lot of different cheeses and you can taste the cheeses and then buy them. They usually have a plate with samples for you to try. A really nice place to go to and check out the different cheeses they have! They sell cheeses that you normally don't see at the grocery store.



Tour Kingston Penitentiary

Is a former maximum security prison located between King Street West and Lake Ontario. They have a 45 minute guided tour. During the tour you will get to visit the many highlights of the institution including the North Gate, cell range, the canteen and social services to hear about riots that happened at the penitentiary. The tickets cost around \$23, which is a pretty good price! Very interesting, it is one of the oldest maximum security prisons in Canada. When the prison was first built, children even at the age of eight were put in the prison. For example, an eight year old child was put into jail for three years since he was pickpocketing people.





Casa Loma

Is an architectural land mark in Toronto and has a gothic style in how it was built. You can go to Casa Loma and check out the rooms at your own pace. They have a great hall and a library with 10000 books in it! I wonder if you can look at the books when you are there to see how old they are. They have three restaurants that you can check out when you are there for lunch or for dinner. They have the Liberty Caffe, which has fresh pastries and hot coffee served in the morning and the afternoon. They also have a light lunch with soups, sandwiches and pastas.

Additionally, they have the Blue Blood Steakhouse, where you can have a great steak or seafood for dinner. They have a great collection of wine or spirits you can pick from to go with your steak or seafood. Lastly, they have the Don Alfonso 1890 and is located in the historic conservatory with a really nice stained glass ceiling. They have really nice exhibits at Casa Loma, and they have exhibits on the Queen's rifles which is the oldest serving infantry regiment. They also have a car display show with antique cars from the early 1900s.

Continued on page 71

PEOPLE

Client Advisory Resource Executive: ClientAdvisory@mindforward.org



CLIENT ADVISORY RESOURCE EXECUTIVE

Giving Clients a Voice

Who are we?

We are all clients who have lived with an ABI.

What do we do?

We advocate for positive changes with the senior staff at Mind Forward.

We also are informing and encouraging the community to become more involved with people who have disabilities.

FAQ

How can you get involved?

There is a business letter on how to donate gift cards to MF that will help clients directly.

For example, if someone moves into an apartment and has nothing, they will need basic living items. Sometimes there may be emergency need for essentials for other clients. The staff also likes to hold events with gift cards as prizes.

If you could take a letter and pass it to someone with a business who may want to help, it would be greatly appreciated!

Contact Ashley Budd for more information at: Ashley.Budd@mindforward.org

(905) 949 4411 ext. 240



Client Advisory Resource Executive

CARE

MIND FORWARD
Brain Injury Services

Are you ready to CARE with us?



Flora



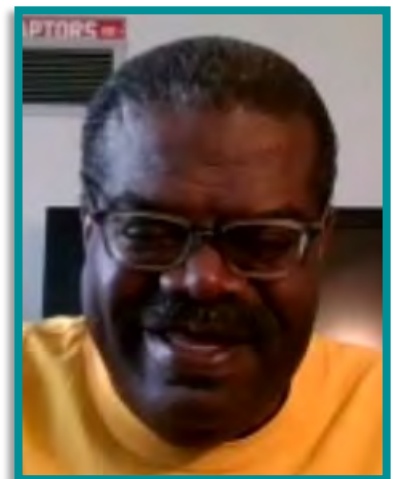
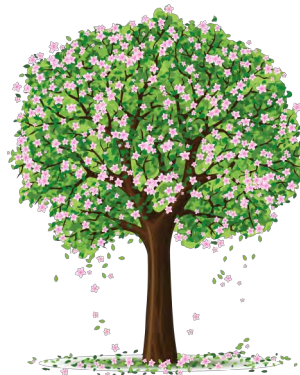
Frank



Alanna



Anjula



Nigel

Where Are They Now?

Interview with Mike B.



Anj: Where are you now?

I'm not around much. I'm trying to get back in the community.

Ivona: What have you been doing since you've stopped going to Mississauga day program?

Not too much, speech therapy and relaxing at home.

Ivona: Do you still keep in touch with anyone from Mississauga day program?

Just my Case Manager.

Digna: Who are your closest supports?

My wife, physiotherapist, and speech therapist.

Ivona: What do you like to do for fun?

Gardening, games, Majong, dominoes, most card games, chess, word searches, colouring and art .

Xiao: Have you been to any libraries or parks?

Parks are hard because of my manual wheelchair. I haven't been to a library, but I do like going to Chapters.

Jessica: What place have you travelled to that's your favorite and that you'd recommend us to go to?

Azores. I went there for three weeks. It was my first time on a plane. I loved the passion-fruit ice-cream, and the hotel balcony was right across the ocean.

Ann: Do you still play the drums?

No, but I would love to re start.

Xiao: Who is your favorite musician?

Led Zeppelin.

Jessica: What is your favorite type of music?

I like Rock, R & B, and reggae.

Xiao: What's your favorite type of movie or TV show? And why?

Comedy. I like the 30 minute sitcoms and funny movies.

Ivona: Are you still a card shark?

Yes, of course.

Jessica: What is your favorite card game and why?

Euchre. It helps me keep sharp.

Sara: Do you have any pets? Can you tell us about them if you do?

Yes, we have three indoor cats and one outdoor cat. Their names are Dixie, Archie, Pie Pie, and the outdoor cat is Jeffrey.

Anj: Your friends miss you. Are you planning to return to Mind Forward day programs?

Yes, I miss them too. Absolutely.

Things to Do in the Summer

Continued from page 51



Drive-In (5 - Drive in Oakville)

Love the Drive-In and that they have three screens now, so they have lots of movies to pick from when you go. They also have a snack stand so you can buy snacks and drinks during the movie. It is a great family evening. You are not allowed to bring your own food anymore at the drive in, but you can probably hide food in the trunk of your car. They usually play two movies on each screen so it is a nice long evening. Tickets are pretty cheap and you pay by the amount of people in your car. For two people it is around \$18.00 and for a family of four it is \$34.00. Children are cheaper at the drive in and parents tickets are cheaper with children as well. The tickets are around \$12.00 - \$18.00 depending how many children are with the parent. Additionally, they have family passes so two parents with two children it is \$21.00. It is a cheap family outing!

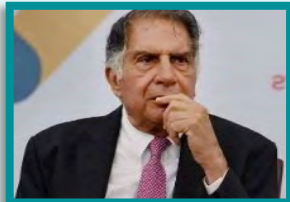
FOOD FOR THOUGHT



• Sanjay

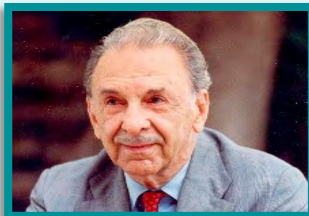
I came across this story as it has been forwarded on the internet for several years, however, it touched me on the simplicity of emotions and how to analyse and decipher “happiness.”

Ratan Tata is a Zoroastrian person whose ancestors fled Persia, nowadays called Iran, by ship to seek refuge in India around 400



to 500 years ago.

Ratan’s uncle, Jamshed Tata, was the first man to create an airline called Air India and flew mail across the expanse of the



Indian subcontinent even before other airlines took to the skies. The value here is that India was still under the colonial rule of Britain, however, Jamshed saw a dream and made his dream come true.

The Tata family, largest accolade is a town called Jamshedpur, where they provide everything for their workers and do not charge them for the basic services of their children pursuing education, be it in school or in a university.

When Indian billionaire Ratan Tata was asked by a radio presenter in a telephone interview: **Sir, what do you remember when you were the happiest in life?**

Ratan Tata said: I have gone through four stages of happiness in life, and I finally understood the meaning of true happiness.

- The first stage was to accumulate wealth and resources. But at this stage I did not get the happiness I wanted.
- Then came the second stage of collecting valuables and items. But I realized that the effect of this thing is also temporary, and the lustre of precious things does not last long.
- Then came the third phase of getting a big project. That was when I had 95% of the diesel supply in India and Africa and the owner of the largest steel factory in India and Asia. But even here I did not get lasting happiness.
- The fourth step was when a friend of mine asked me to buy wheelchairs for 200 disabled children.

At the behest of the friend, I immediately bought the wheelchairs. However, the friend insisted that I go with him and hand over the wheelchairs to the children.

FOOD FOR THOUGHT



There I gave these children the wheelchairs with my own hands. I saw a strange glow of happiness on the faces of these children. I saw them all sitting in wheelchairs, moving around, and having fun. It was as if they had reached a picnic spot, where they were sharing a winning gift. **I felt real happiness inside me.**

When I decided to leave, one of the kids grabbed my leg. I tried to slowly release my legs, but the child looked at my face and held my legs tight. **I leaned over and asked the child: do you need anything else?** The answer this kid gave me not only shocked me but also completely changed my outlook towards life.

This child said: **"I want to remember your face so that when I meet you in heaven, I can recognize you and thank you once again...!!"**

I was moved by this story and wanted to share with everyone and without knowing who will read it, I can only be happy that somehow, I made you happy.

Poetry by Yhohannah on 'Resilience'

I remember feeling pain in my heart when the little girl fell

On her knees, crying, not woefully but in a quiet yelping manner.

Mommy grabbed her hands and in a sweet voice said "It's ok, You're fine."

Mommy kissed the pain away and it five or ten seconds

The blue eyed, chipper litter girl was off to look for white dandelions that she could blow away

Because this was the season for it.

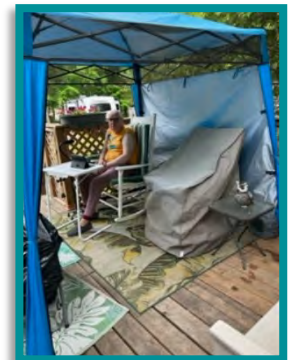
I stood aside, a proud and astonished observer!

The resilience of the little one amazed me and

My sympathetic oohs and awes turned into joy.



Vacationing at the Trailer



• Paul, Roving Reporter

Anj: what is your fave part of vacationing at the trailer park?

My favorite part is setting up

Nigel: Is it a private or a public park?

It's a private park.

Does the property manager provide activities for you?

Yes. Bingo, 50/50 draw, 3 tickets for \$5. I don't partake.

Ivona: Does it have horseshoes?

Yes, people play horseshoes there.

Ann: Where is it?

The park is in Grand Valley.

Ann: How long is the drive?

It takes an hour to get there.

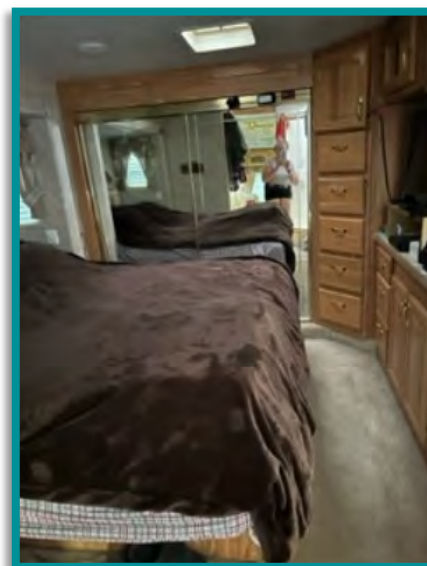
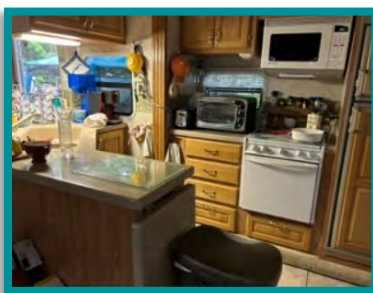
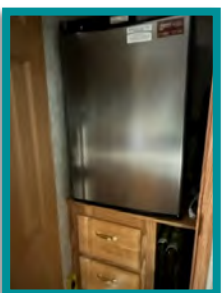
Jessica: Are there campfires or bonfires?

I try to make campfires.

Nigel: What type of trailer is it?

It's a 5th wheel.





Digna: Is there any nearby supermarket?

In Orangeville or Shellburn we get supplies.

Sara: Are you allowed to have pets there?

Yes. I don't have any, though.

Ivona: Do you go every week from opening to closing?

May 1st to Oct 31st, we go there regularly. Approximately 15x a season.

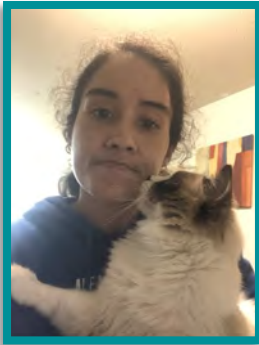
Nigel: how many can it sleep?

It can sleep five people.

Alanna: Do you go with friends and family? Or meet people there?

I usually go with my wife. Her father has a trailer beside ours.





All about My Cat



• Sara

He is one year old, ragdoll breed, and his name is Pepper.

What made you decide to get a cat?

My apartment allows cats, not dogs. I really wanted a pet. I've had a dog and two cats before.

How does he like to play?

He likes to play with his springs (slinkies for cats). He goes crazy with those.

Where did you get the cat from?

I bought it in Mississauga from a cat breeder named DeeDee.

Does it like to cuddle?

Yes. I was brushing him now. He liked it a little, then he was off.

How often does he get the zoomies?

Sometimes he gets the zoomies, and zooms all over the place.

Do you give him catnip?

I have catnip, but I don't give it to him.



Are you a cat or dog person?

I'm more of a dog person, but I love my cat.

What's your favorite thing to do with your cat?

Brush him.

Is there anything else you'd like us to know about your cat?

He likes to play a lot.

He sleeps on my bed, or on top of the couch, or on his tree.

STORY WRITING: PEPPER & THE VET

When we brought our cat home for the first time, I decided to name him Pepper. I named him Pepper because of his color. There was a lot of special things about Pepper. But the owner who was also a breeder mentioned to us that a ragdoll was a hypoallergenic cat. But there really was no such thing as a hypoallergenic cat. I suddenly realized that Pepper not only had a special ability to not cause my allergic reaction but he was also able to talk!

Suddenly, I asked Pepper, “How are you buddy?”

And he replied back and said “I’m good thanks, and what about you?”

I looked at him shocked and said, “I’m good thanks but I’m surprised to hear a response back from you in human language.”

Pepper replied back saying, “I want to go back home to my mom and my old owner because I miss them both very much.”

I replied back saying, “Well, if that’s how you feel, what can I do for you to want to stay here with me?”

“Well, first of all, I need my mother so she can tell me stories before I go to bed,” Pepper said.

“Well, I can tell you stories before you go to bed, if you like,” I replied.

“You wouldn’t tell them like my mother does,” Pepper said.

“And how exactly does your mother tell them to you?” I asked.

“She tells them to me with such surprise and its always unexpected.”

I said, “Well I can tell you stories, too.”

For a moment, I was shocked that my new cat was talking back to me. I couldn’t believe my eyes. Was this really happening? Was I dreaming? No, Pepper, my new cat really was talking back to me. All of a sudden, Pepper was meowing in a way that sounded like he was crying in pain, then I realized he was limping.

I went over to check it out and then he said, “My leg hurts, it hurts to walk,” he cried.

And I asked him “How did you hurt your leg?” “I must have stepped on It funny,” he said.

“How did you hurt your leg?” I asked him again.

“I must have broken it when I fell off the top of the fridge.” He replied.

“Oh, that mustn’t be good, we’ll have to go to the vet and have it looked at.”

“I don’t want to go to the vet,” Pepper said with such anger.

“Well, we have to go check it out.” I replied.

Pepper replied, “I don’t want the vet to tell me that my leg is broken and that I’ll need to have an operation.”

“Well, we need to get you checked out, because if you broke something, we need to fix it.” I exclaimed.

“I don’t want to go to fix my leg!” Pepper said with such anger.

“Well, we need to take you just to have it checked out because I can’t stand to see you whining with such pain! And you are complaining about your leg.”

“Well, as long as the vet will knock me out before I go and have the operation, then I’ll be okay with having the operation done!” Pepper mentioned.

“Well, I don’t know if they will knock you out before the operation, but we can always ask them if they can. We’ll have to see what the vet says.”

“Okay,” Pepper agreed.

So, we went to the vet and the vet mentioned that Pepper had been okay. But he also mentioned that Pepper needed to be neutered. We hadn’t known that so we decided to schedule an appointment for him to get neutered. We booked the appointment for a month from today. April 13, 2023. We decided to go back home and I checked out a lickable treat for Pepper. They call them “Delectables”.

I gave him one and he was so happy that he gave me a lick which felt like a lovable kiss.

And I said “That’s all you’re getting for today, Pepper.”

Pepper loved it, because it was his first time getting one, and he told me he wanted more.

But I told him, “You’ll get more tomorrow,” I mentioned to him.

He looked at me all sad but I told him that if I gave him more, it wouldn’t be good for him so he understood that and said, “Ok, I’ll have another one tomorrow.”

“Ok, buddy.” I replied back to him.

The day for Pepper’s appointment drew closer and he was getting anxious.

He asked me, “What if we reschedule the appointment for another day? Because I cannot walk?” Pepper asked.

“Well, you seem to be walking just fine to me.” I replied back.

“Well, it hurts to walk.” Pepper said.

“Well, why didn’t you say that much sooner? I could have taken you to the vet to have you checked out!”

Pepper replied saying “I didn’t want to be a burden on you.”

I replied back and said, “Well you are never a burden on me Pepper. Don’t you know that already?”

Pepper replied back and said “I know that, but I feel like I would be a burden on you.”

The day for Pepper’s appointment was here and he was getting nervous and more anxious than ever.

He said, “I don’t want to go to the vet and have my surgery done.”

And I said, “Well, you have to, Pepper.”

“Well, I don’t want to get an incision done.” Pepper said.

“Well, it will only be a small one.” I mentioned.

Pepper didn’t seem convinced.

When we arrived at the veterinarian, Pepper asked him, “Will this surgery hurt?”

The vet said “No not when we perform it but maybe a little bit afterwards.”

Pepper decides to go through with the surgery. And the veterinarian decides to perform it on Pepper. At first, Pepper is put to sleep and then the surgery is performed.

Mind Forward has a group called “Creative Writing” on Fridays at 2pm. Join us on Zoom for a fun time, improving your writing skills!

Patrick’s Music Picks

Patrick recommends: Dance music, hard rock, Randy Travis



Join us at Mind Forward Head Office on Thursdays at 1pm for Karaoke!

TRAVEL & ENTERTAINMENT

TRUE SPIRIT



Digna

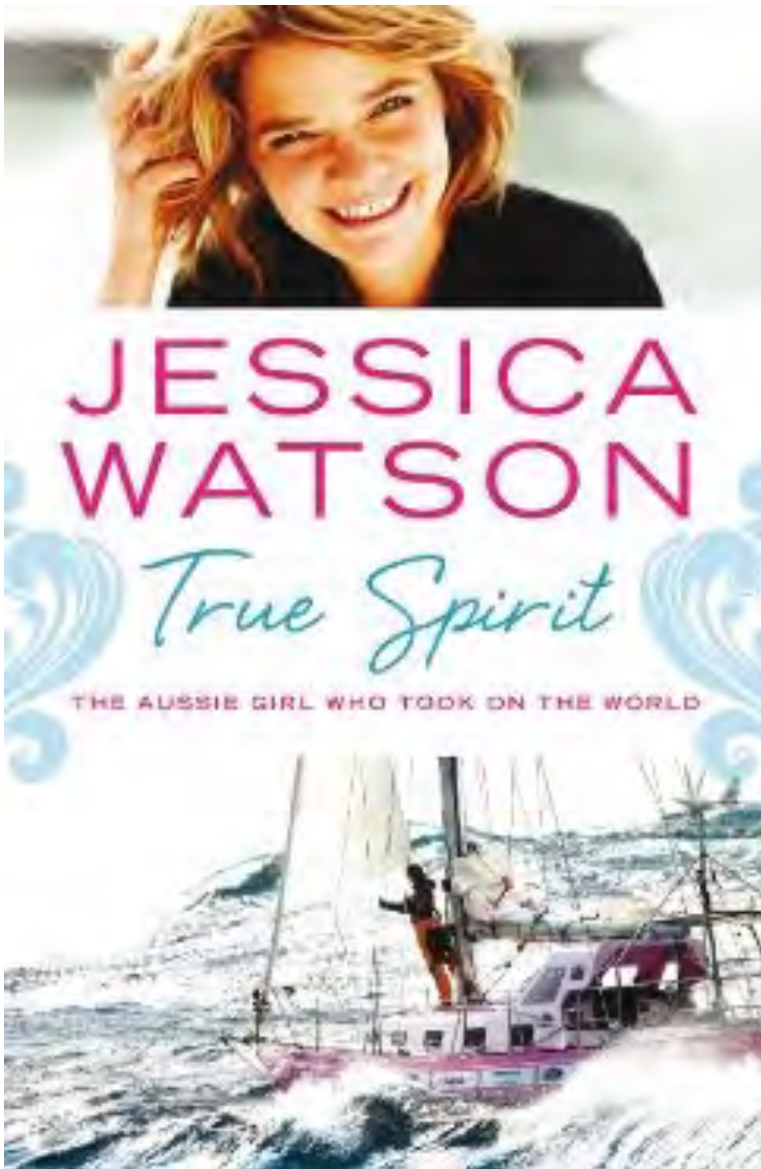


True Spirit is a film about 16-year-old Jessica Watson, an Australian who circumnavigated the world. This is based on her biographical book of the same title. She comes from a very close-knit family, comprised of her parents and three siblings. Her team includes her family and coach Ben Bryant.

In 2009, she dreamed of becoming the youngest person to circumnavigate the globe, non-stop and unassisted. She must sail alone and not dock at any port along the way and cross the equator and all Meridians of longitude.

On a test run, her boat, called Ella's Pink Lady, was hit by a cargo ship that strayed off course. She didn't notice the oncoming ship because she forgot to turn on her alert system before sleeping. This incident raised doubts as to whether she could achieve her goal. When her potential sponsors wouldn't commit to funding her voyage, her local community came together and helped her restore her boat.

On October 18, 2009, Jessica began her journey from Sydney. Things went smoothly until she encountered her first big storm. Later, she encountered three storms that merged. Her coach advised her to abandon her official circumnavigation, but Jessica refused to give up. Her family, especially her mom, continued to support her as she went through these challenges and uncertainties. The storm was far more violent than the last one. The Pink Lady capsized and went 15 feet (4.5 meters) underwater. This set off the boat's emergency locator beacon, and the team feared Jessica had drowned.



Fortunately, the Pink Lady resurfaced and rights herself. Jessica informed her family that she and the boat were safe. She returned to Sydney Harbor, 210 days after she left. Her team and a huge crowd welcomed her home. Considering, Jessica is dyslexic yet was able to actualize her dream is empowering and inspiring. I love the cast, cinematography, musical scoring, acting, dialogues and directing. The inspiring quotes kept me glued, like these lines:

- The ocean will be stronger than you are, so don't fight it. –Ben
- I just know that if you keep going, it will. – Jessica's mom
- Living my dream is hard but it's worth it. – Jessica
- There's bravery in admitting you're not okay. –Jessica
- Nothing ventured, nothing gained. –Jessica
- You're the captain of that ship, we'll support whatever decision you make. –Jessica's Dad & Mom
- I don't consider myself a hero. I'm just an ordinary girl who had a dream, worked hard to achieve it. –Jessica

I loved how she was able to document, show her journey and directly communicate with the world from her own experience and perspective. She was able to share and inspire people around the world, especially children. She did not give up, despite what was happening and what she was feeling. Her faith, determination and support enabled her to keep going and achieve victory.

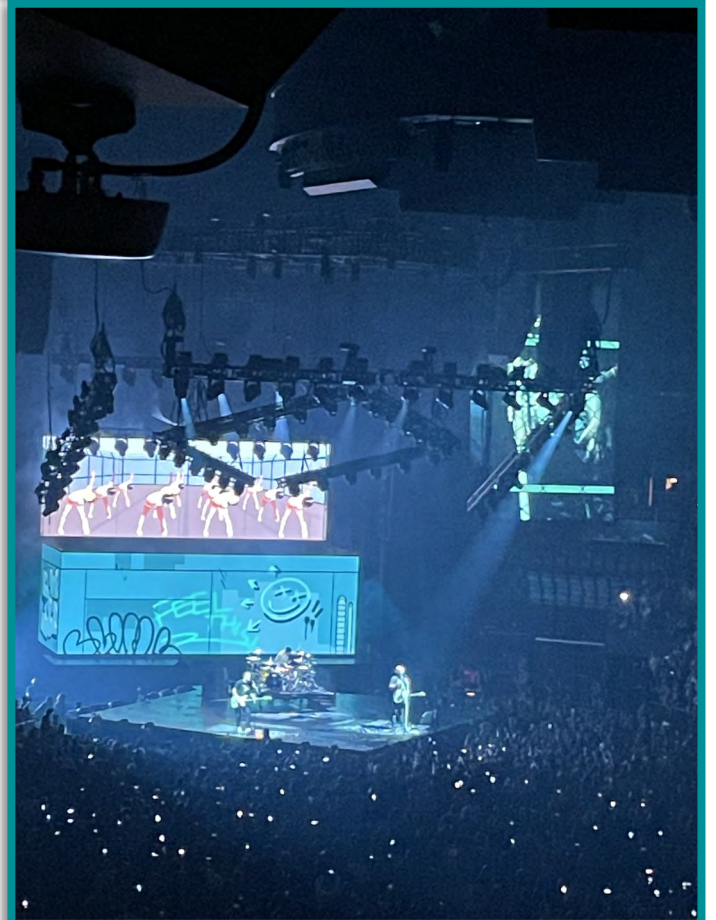
Mind Forward has a movie group on Thursdays 3-4 pm! Movies will be on Netflix and decided by suggestions and voting. Join us on Zoom for some fun discussion!

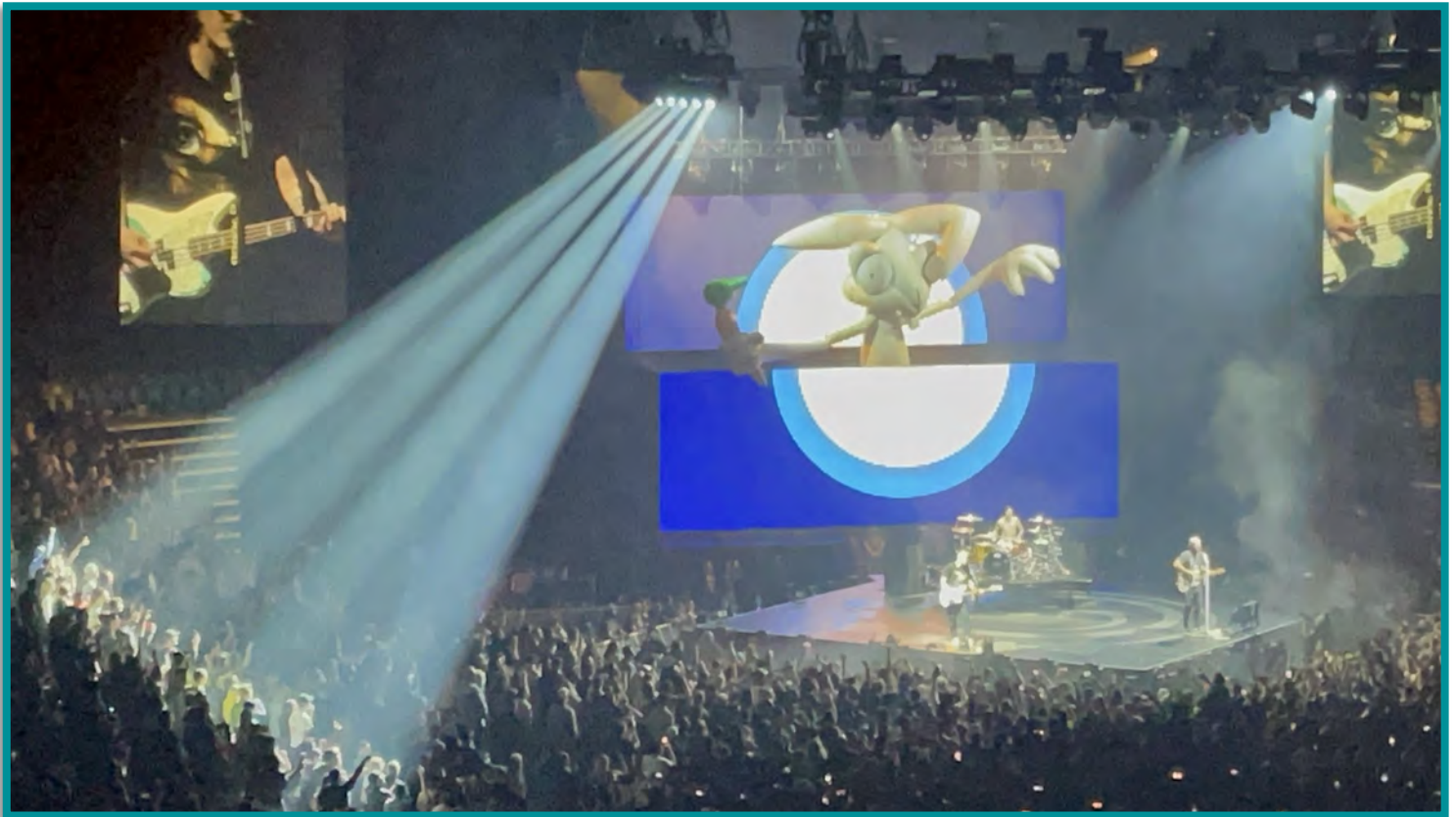
BLINK 182 CONCERT



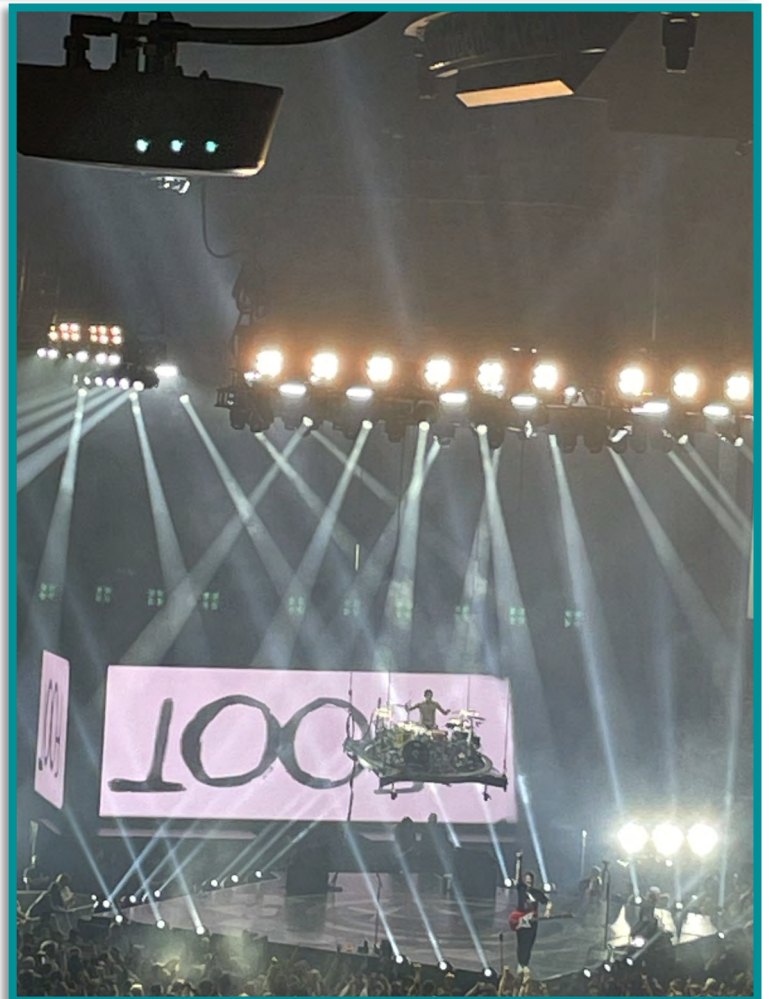
• Ryan

On Monday night May 15th, I went to the Blink 182 concert at the Scotia Bank Arena. My brother, my sister, her friend and I had box seats so we could see every angle of the concert and the openers we didn't know. That was when we ordered our food before Blink 182 came on the stage. The concert lasted about 5 hours. They played all the classic songs that brought back a lot of nostalgia, which brought back memories of my childhood and the good times I had when I was first introduced to Blink 182. One of my friends in elementary school introduced me to Blink 182, the first time I heard them was on one of the big shiny tunes albums, since then I was hooked and just had to hear the rest of the songs from each album I could find. My first album I owned was Take off your pants and jacket. They really know their audience as a lot of the classic songs from the beginning of their set to the end of their set. During their set after each song they changed the guitars that they were playing for each different song of the albums that they covered including Enema of the State and Take Off Your Pants and Jacket.





Overall one of the best concerts that I have been to since I was in High School, also after watching a concert sitting in the box seats in the lounge area it will be impossible to go back to seeing any band/artists live the way I used to see them standing on the floor with the rest of the people. Even though we were standing the entire time we were still able to see every angle of the stage. I got good pictures and videos of the concert. After the last song we made our way back to union station where we just made it to the train and on the train like clock work. Someone pushed the emergency strip on the go train right before the train was about to leave and ended up waiting for about 30 minutes until we departed from the station thankfully we made it home without any more incidents after that.



ROAD TRIP TO NEW YORK & PHILLY



• Digna

Our road trip started in the afternoon of May 11. We decided to stay in a hotel in time for the graduation ceremony of my niece, Trishia Camille as Doctor of Physical Therapy at Utica University in New York the following morning. To us, this was the fulfillment of her vision and hard work. The venue at Adirondack Bank Center at the Utica Memorial Auditorium was accessible, comfortable and the ceremony was well-organized. As the names of the graduates were called, we as her family had mixed emotions of excitement and pride as we were able to witness this milestone. As the candidates went up the stage to receive their vestments, families were cheering loudly for their family member-graduate. We will not be outdone as we also screamed at the top of our lungs as the name of our niece was called.

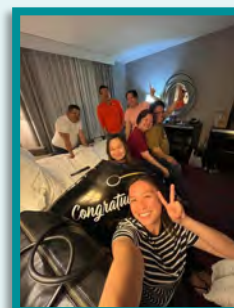
We could imagine the pride and joy of her parents who were watching the live stream from the Philippines.



The weather was also nice, which was an added bonus, as this made our road trip smooth and picturesque, both in New York and in Pennsylvania.



Since my brother and sister-in-law have a time share at Eagle Rock Resorts in Hazleton, Pennsylvania, we proceeded there after the ceremony. My brother was able to book 2 nights as he wanted to play golf there.



Eagle Rock Resort is a private community located on over 5,000 acres in Hazleton, Pennsylvania. This is only two hours from both New York and Philadelphia. Onsite amenities include an 18-hole championship golf course and 9-hole executive course, fine and casual dining, golf shop, ski and snow sports, outdoor swimming pools, indoor aquatic center, spa and fitness center, equestrian center, activity center with basketball court, walking trails and 24/7 gated security.



ROAD TRIP TO NEW YORK & PHILLY



We spent our time resting, cooking, eating and bonding with family. This was a much-awaited reunion for my 2 nieces who are very close and have not seen each other for 6 months. Knowing that they only have limited time to be together, they wasted no time to catch up while exploring the area. They swam, went to the sauna, did some exercises and other activities. We also communicated virtually with our parents and other relatives while we were at the resort. They too were joyful and thankful for the milestones and reunion.

The next day we had breakfast by the lake and did a mini hike with optional challenges along the way. It was a leisurely walk with great views and flowing streams. This was also a fun and memorable activity.

The vacation was short and sweet but a nice breather to us. We hope we can do this more often.





Mind Forward has a group called “Around the World” on Wed. at 11am. Join us on Zoom for some fun discussion!



Mind Forward Brain Injury Services

Mind Forward Brain Injury Services is a non-profit charitable organization, completely funded by the Ministry of Health and Long-Term Care (MOH & LTC) and Ontario Health to provide community-based rehabilitation and life-long support for adults whose lives have been touched by acquired brain injury.

Since 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

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Visit us on the web at
www.mindforward.org

Mind Forward Brain Injury Services

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