

# PRESS FORWARD



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

WWW.MINDFORWARD.ORG

January 2025



## Shane... A Fond Farewell

Final Interview with Shane

*Wishing You the Best!*

A Virtual Card



## In this Issue

Inspirational Story: Clement

Visions for 2025

Spotlight on Staff: Shane

Practicing Self-care on a Budget

New Year... SMARTer Goals

Events & Featured Groups

Furry Friends

Entertainment & Interest



## Inspirational Quote

I am a very determined guy. I'll do what I want no matter what you say I'm capable of. I can do things in my own way, just not necessarily in everyone else's time frame.

### Clement's Story

In 1973 I was in a big car accident in Scarborough. I was taken to Centennial, but they weren't equipped to manage my trauma, so I was moved downtown.

There was a lot of cognitive malfunction. The intellectual part of my brain functions and my judgment is intact, but I was diagnosed with lower limb ataxia, which I determined to be coordination. There was a delay between my thinking and my muscle response. To function the way I should, I have to develop a lot of strength so I can think and quickly carry out the action. Most people recommended an electric wheelchair for me, but I wanted the exercise.

When I was brought up I learned, "When your world is lost, something is lost. But when your head is lost, all is lost." But I question that answer. I developed a strong will and I am a very determined guy. I'll do what I want no matter what you say I'm capable of. I can do things in my own way, just not necessarily in everyone else's time frame. The author of the book, "The Brain that Changes Itself", Normal Doidge, confirms what I believe about myself, which shows me I'm on the right track.

After my accident, I knew that getting a job was going to be a monumental task, so I volunteered with the March of Dimes for a couple of years. I was on the advisory to the organization western division. I've gained a lot of knowledge through volunteering.

# Clement in Ukulele Group



We all have different neurological development based on what we learn growing up, and culture can affect this. We need to be understanding toward those with brain damage that affects neurological ability and behavior. We need to present empathy to others with those types of brain injuries if their brain is affected that way. I have a lot of empathy – it helps me to be positive.

When it comes to communication, there are some “do’s” and “don’ts” – I have to determine what to say. I have a hearing problem so I miss 30% of the words. I use the words I hear to determine what the discussion is all about, then fill in the blanks. If you say something I don’t agree with, I consider what you say and might change my thinking based on what you’ve said.

People have shown compassion to me, and have helped me with rides, and also have offered discounts financially. However, I try to always pay fully, otherwise it feels like I’m in a lesser category when I don’t. To be a full member of society, you have to participate fully. It gives me satisfaction to pay the full amount.

I’ve learned a few things in my lifetime. Hopefully, these will help some of you during the New Year.

I also believe we should all be respectful across cultures. We live in a multicultural society. If someone from another culture doesn't respect me there is a problem. Remember the old adage, “Do unto others as you would have them do unto you.”

I thought to myself one day, am I going to die without sugar in my coffee? So, I cut down on sugar.

I watch a lot of PBS and their medical presentations. I learn from those presentations what I should and should not do. For example, I’ve moved to a plant-based diet.

I used to smoke, but at the hospital I realized that it was a choice between smoking and setting my beard on fire, or quitting. So, I quit.

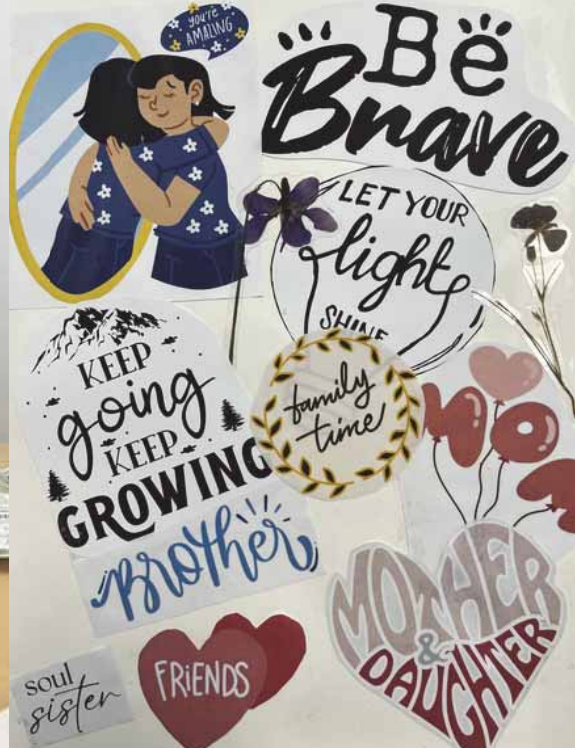
If you want to improve in your life, you don't keep secrets. We learn from each other in society.



## *It all started with a cozy day at the Milton cafe*

Gathered at a cozy, sunlit corner of a cafe, our group of friends set out on a creative journey to craft vision boards. As the aroma of freshly brewed coffee wafted through the air, we spread out our magazines, scissors, and glue sticks on the rustic wooden table. Laughter and chatter filled the room as we shared ambitions and dreams, cutting out images and words that resonated with our aspirations. Each board became a vibrant collage of hopes and goals, reflecting the unique personalities and desires in our group. Between sips of lattes and bites of pastries, we encouraged one another, offering insights and inspiration. By the end of the day, we left the cafe not only with tangible representations of our dreams but also with a deeper bond, ready to support each other's journeys.

HAPPY NEW YEAR  
2025



## Mississauga →

Connecting with friends from Mississauga's Head Office and the Oakville YMCA has become a shared passion for creating vision boards. These gatherings are more than just crafting sessions; they are opportunities to inspire and support one another in visualizing our dreams and goals. Each board is a personal masterpiece, reflecting individual aspirations, yet they collectively foster a sense of community and mutual encouragement. As we continue this creative journey together, we celebrate the diversity of our ambitions and the warmth of our friendships, all while motivating each other to bring our visions to life.

## Oakville →



# Shane... A Fond Farewell

## Final Interview

### **1. Nigel - Why did you decide to be in this field versus continuing as a chemical engineer?**

I liked that everything was different each day -- people make things different. I love leading games and doing public speaking. I ran a rec program at the Alzheimer Society and really enjoyed that, and talking with my uncle he suggested I go into recreation leisure. I ended up working as camp counselor, at a pool, and at a hockey arena while in school. I wanted to be around games, fun, and people.

### **2. Paul - What made you decide to join the Mind Forward agency?**

My Uncle Antonio was working for PHABIS WEST and with my volunteer experience, I was introduced to Candice, got an interview, and then the position. I was blessed my whole career at Mind Forward.

## Spotlight on Staff



### **3. Anj - What positions have you had at MF and which was your favorite?**

I started at TRSL and worked there for 2 years, but I ended up hurting my back, so I had a modified program. I went to Windsor HILL for 6 months, then I was called into the office, where Ron G. had looked over my education in leisure. He thought I'd do well in the day program CPF. I was there for 7 years and became Team Leader in 2019.

## Spotlight on Staff: Shane, cont.



### **4. Nigel - What were your 2 most captivating moments - funny and serious?**

At Boundless, Tyler dressed up like Mrs. Doubtfire. It got the most genuine laughs ever. The dynamic of that trip was really special. I still show videos and photos of that trip.

Another funny one was the wheelchair race in wedding dresses with Dylan.

For serious captivating moments, on a weekly basis clients confide in me, and I feel grateful to be a listening ear for those serious issues and situations. The trust in me is meaningful.

At SIL I was able to get things and hook up things for people, changing the atmospheres in their homes. I only did it for 3 months but it was very meaningful.

### **5. Nigel - have you ever not been able to find solutions for the problems youve been called in for?**

Certainly. I had people to go to. Ashley Budd was my rock, so was Barb Gilchrist. Those open relationships helped me thru those challenges.

### **6. Tanisha - What was it you enjoyed most at Mind Forward?**

Every day is different, even with scheduled Programs. A positive attitude rubs off on people.

### **7. Anj - I remember asking you why you were so helpful, and you said, "I Like to see people succeed". That was a very meaningful moment.**

If anyone has asked me for help I'll usually stop what I'm doing and help. If it's meaningful to you, it's meaningful to me. Treating others how you want to be treated.

## Spotlight on Staff: Shane, cont.

### 8. Clement - What did you enjoy about our community and what would like to see changed to make it a better community?

I like that the community is open; e.g., if I made a mistake public speaking, people were accepting and easygoing.

It's exciting to see what we can build in the future with Kannan, a broader budget, and Hunter's direction. The program was a bit stagnant before but I'm excited to see it 5 years from now.

### 9. Clement - If you had the power to change anything, what one thing would you change?

Budget and charitable donations are needing to change with inflation. More money for programs is needed to make more quality programs.

### 10. Ryan & Nigel - Hindsight is 20/20. Is there anything you would have done differently personally during your time at MF?

I don't think so. My whole goal was to lead rec programs. My goals tended to change overtime.

I always wanted to own a house, and loved being by the water. This move achieves this.

I wouldn't have wanted to move up into to management. I was happy where I was.



### 11. Tanisha - What will you take away with you from your years of experience at Mind Forward?

There are so many things I think about -- some of the administration and budgeting. Making flyers using Canva, taking things to the next level, and more tools that way to take with me.

### 12. Tanisha - How do you feel now you're leaving?

I'm still in the excited phase. I had a bit of anxiety prior to the sale of my house since I bought prior to selling. Now I'm daydreaming of what to do with the new house -- to make a house a home.





**13. Nigel - What is your first project when you arrive in PEI?**

Take care of the electrical, build a shed, and install a sauna or hot tub.

**14. Nat - If you were to compare yourself from when you started to now, what would be the most noticeable differences?**

I was more passive when I started and didn't say much in team meetings. Now I have to stop myself from talking. I'm more opinionated and willing to share it. I was more conservative when starting. Now I'm comfortable speaking my mind. But I'm still easygoing. I like to give suggestions, and I don't take criticism badly.

**15. Sara - What made you decide to go to PEI?**

The commute, stomach issues, health, and I have family there,. Many family members were born there. A cousin close to my age encouraged me to move out there.

I dreamt about the first house for 2 weeks. I looked at 100 houses online and saw 6 in person. The town has 1k people.

**16. Tanisha - Will you be continuing in this field?**

Yes, tentatively at the Canadian Mental Health Association. It's similar to SIL. They needed someone handy and a techy to do one on one work. I'm not sure if they have much of a day program.

**17. Sara - what job did you find at PEI?**

Starting Feb. I'm also looking at school Educational Assistant for summers off or doing a zamboni job for fun.

**18. Digna - What was the biggest decision-making factor for you to leave?**

Work was hard to leave. Leaving family and friends was tough, especially my mom.

**19. Nigel - Bobby and Betty are going with you - do you hear “bells” in the future. If so, 5, 10, 2 years?**

We have had conversations about it. At first when we started dating it didn't make sense. It doesn't matter either way - we're still together. “Kids” was a touchy subject. I always wanted kids until mid-thirties then didn't after seeing my friends' hectic lives. Now conversations have opened up.

Marriage -- it hasn't come up.

**20. Digna - Who and what will you miss here? Boundless and all the fun stuff won't be the same without you.**

Working with Alfred was an experience. He's great once you get to know him. We had a bad cop good cop way of doing things. We insulted each other just to make people laugh. He definitely helped shape the worker I am today.



## Memories:

Wacky science was fun, dry ice guns and bubbles, menthos and coke, elephant toothpaste, bottle rockets, lava lamps, quick sand

Halloween parties - power in entertainment, for example murder mysteries, other games like “What's in the bag?”

Boundless gave me the opportunity to get to know people in a different environment. People opened up more at Boundless.





**S** - incere, genuine concern for people  
**H** - andyman, also creative and helpful in giving advice, directions  
**A** - dvocate, voices out what is needed on clients' behalf  
**N** - urturer, listens to clients' needs and may offer solutions  
**E** - nergetic, loves to hike, do sports, really knows how to thrive

## Dear Shane,

From both Men's Groups - Best wishes to you, Shane!

Tanisha - wishing you all the best in your future endeavors.

Ryan - I wish you all the best. You've been great - we've talked a lot during the workouts and over the last 4.5 years. You're a great guy and you will be missed.

Clement - I would like to wish you success in your endeavors.

Nigel - I've learned so much from you, and the Eagles suck. You're one of Mind Forward's "favorite sons". I'm glad to have known you.

Sara - I wish you a happy and safe journey.

Sam - good luck with your new job and slow country living!

Mark W. - enjoy yourself!

Violet - you will be missed. Nice working with you because you're easy-going and very comfortable to work with - staff and clients.

Evelyn - I'll miss you even though I've never seen you in my life. We're following you to PEI.

Sasha - good luck To you and all the best at PEI.

Ali - I will miss you. come back and see us. Where are you working?

Malika - thank you for showing me around my first day and for being so sweet. I wish you the best.

Kardit - always wish you happiness in your life. Stay happy and enjoy every moment of your life.

Digna - it won't be the same without you. I'm sad for us, but happy for you.

Chris - wishing you the best!



Kyle - thanks for everything. I appreciate That you've done for everyone. You will be dearly missed. I wish you the best for everything and your endeavors.

Paul - I admire your speaking ability and your ability to take charge.

Nat - thank you for being such a good role model. I really looked up to you the last few years.

Jonathan - Bye and good luck. From your friend, Jonathan W!

Leisa - All the best & Enjoy P.E.I.

Guereno - we miss you greatly at MF

Tim - we miss you and your lovely beard, even though you look weird

Mikey - I miss You

Andre - hey Shane! Peace!

Mark - hope things are going well. If you're ever this way, be sure to say hello.

Frank - I came here because you were here. It's not the same without you.

## Here's a list of qualities we admire in you, Shane:

- versatile
- impactful
- inspiring
- personable
- have genuine concern for others
- an authentic person
- selfless
- compassion
- patient
- empowering
- supportive in our endeavors
- treated everyone the same way regardless
- learned from everyone around you
- innate ability to communicate with everyone
- excellent listener
- came up with group ideas and gave them wings
- innovative
- creative ideas on how to do things
- adjusted each solution to nuances of the issues
- adapted to us instead of having us adapt to you
- resilient
- flexible
- creative
- an example of morals and ethics
- helped guide people, encouraging them to speak up
- gave everyone a voice
- you are a "builder"

Anj - Shane, you were the first person at Mind Forward who really believed in me, in what I could potentially do. There was no ceiling on skill-building, and you gave me the confidence to press onward and build valuable skills.

*We watched you grow in front of us, taking in everything around you.  
We are thankful that you chose to spend these years with us.*

# Practicing Self-Care on a Budget



by Natasha D.  
Psychosocial Team

Self-care is essential for our overall well-being, touching every aspect of our lives—from physical health to mental and emotional balance. Self-care is about incorporating simple, intentional actions into our routines that nourish both our bodies and minds. Recently, the Psychosocial Team organized a thrift shopping and coffee social event as a cost-effective way to practice self-care. The event was designed to show that taking care of yourself doesn't require a hefty price tag—it's about making mindful choices that contribute to your well-being while living within your means.



An effective way to practice self-care is through how we dress. Our clothes can have a significant impact on how we feel about ourselves. When we wear something that makes us feel confident and comfortable, it can give us a boost of dopamine, a neurotransmitter that plays a role in regulating our brain's reward and pleasure centers. When dopamine levels rise, we feel a sense of joy, accomplishment, and motivation to seek more of those positive feelings.





Anj's scores

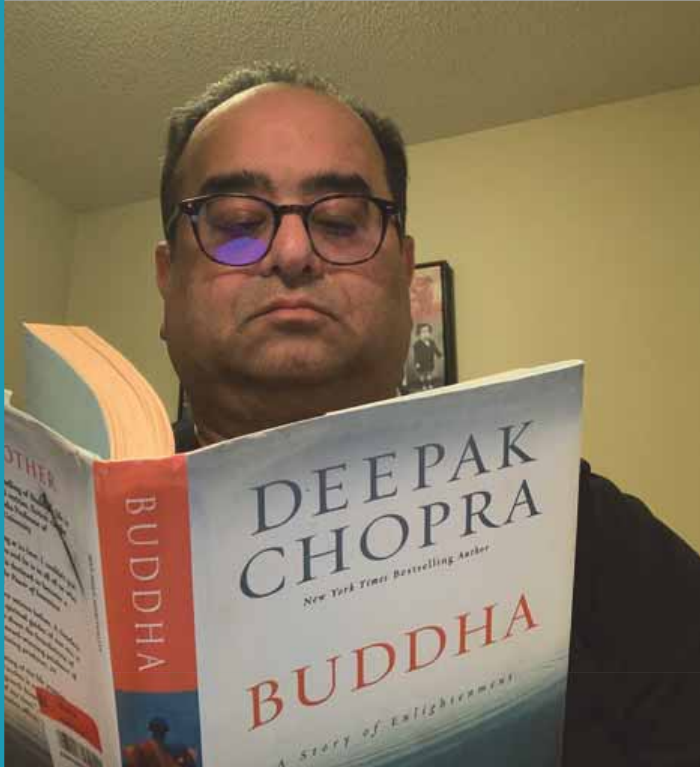


Thrift shopping provides a unique opportunity to find affordable items that reflects your personal style and makes you feel good. You can curate a wardrobe that makes you feel confident and empowered—while maintaining your budget. Plus, you'll be practicing sustainability by giving new life to pre-loved clothes.

Social connection also plays a vital role in our well-being, and something as simple as meeting a friend or attending a community event can be incredibly rejuvenating. The coffee social was a perfect example of a budget-friendly way to care for your mental health. Sharing a cup of coffee in a relaxed setting offers an opportunity to engage in meaningful conversation, relax, and connect with others. Even small, low-cost gatherings like this can have a profound impact on reducing stress, boosting mood, and strengthening relationships.



Self-care doesn't need to be expensive to be effective.



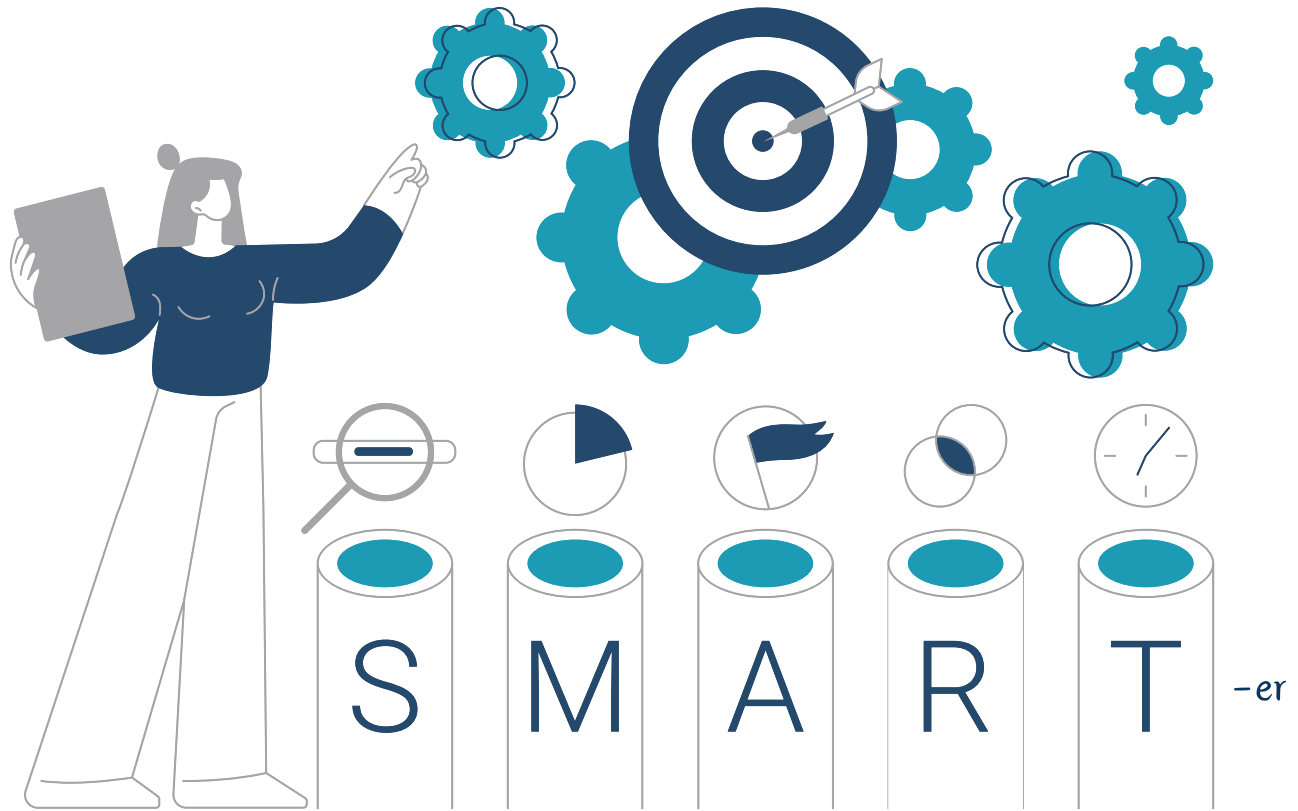
Self-care doesn't need to be expensive to be effective. Whether it's through a wardrobe refresh, a coffee date, or simply taking time to connect with yourself and others, the key is to make space for what helps you feel your best. With a little creativity and mindfulness, you can practice meaningful self-care without stretching your budget.



Remember, taking care of yourself is an investment in your well-being. By making self-care a priority, no matter your financial situation, you can show up as the best version of yourself every day.

Taking care of yourself is an investment in your well-being.

# Goals For 2025



## What is a SMART Goal?

A SMART goal is a well-structured framework used to set objectives that are clear and attainable. The acronym SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound.

A Specific goal is clearly defined and unambiguous.

Measurable means that you can track progress and outcomes easily.

Achievable ensures that the goal is realistic and attainable with available resources.

Relevant means that the goal aligns with broader objectives and is important to you or your organization.

Lastly, Time-bound means that the goal has a clear deadline or time frame for completion.

By using this framework, individuals can enhance their focus, productivity, and chances of success.

We are also excited to share some of your SMART goals with our peers, from Mind Forward.

We want to remind everyone to do your best, and to be kind to yourself during this New Year.

Together, we can inspire one another and make a difference in the lives of those who need some motivational ideas!

Sincerely,

*Natasha Pastores*

## Goals at a Glance :

<hr/> <p>Tim M.</p> <p><b>Driver's License</b></p> <hr/>
<p>Digna F.</p> <p><b>Healthy Meals</b></p> <hr/>
<p>Anjula E.</p> <p><b>Fitness</b></p> <hr/>
<p>Natasha P.</p> <p><b>ASL Program</b></p> <hr/>
<p>Sasha D.</p> <p><b>Travel</b></p> <hr/>



# Goal Statements



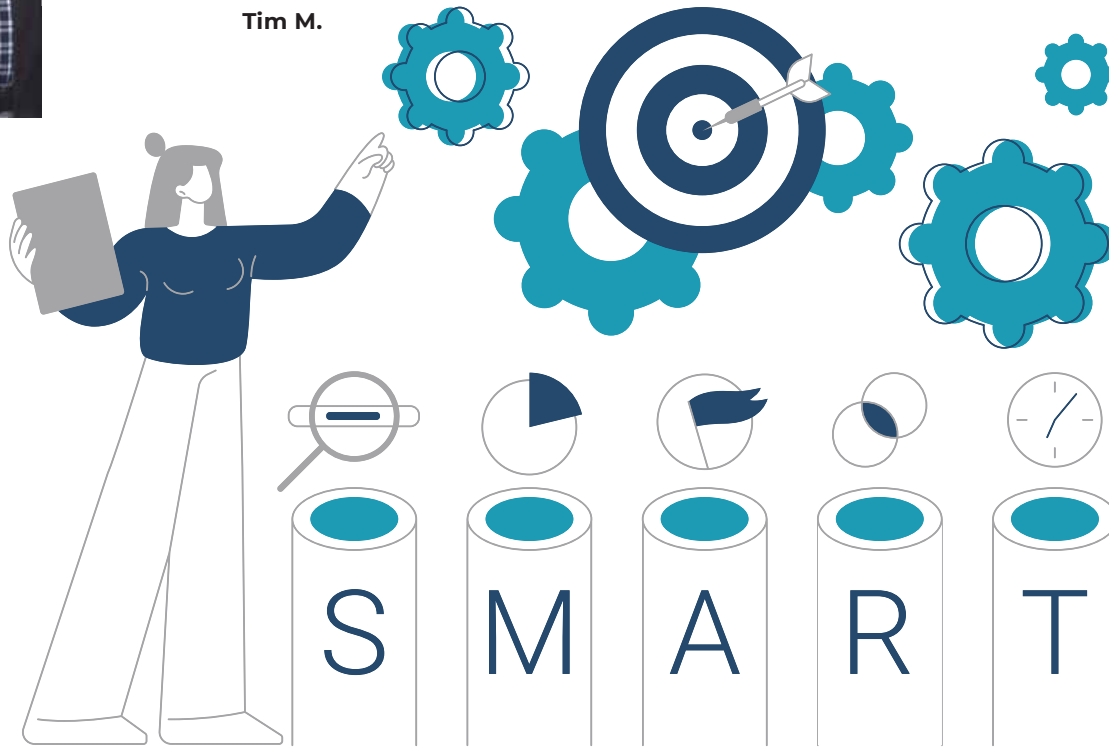
"By May 2025, I will obtain my driver's license by completing a driver's education course, obtaining my medical clearance, practicing driving, and passing both the written permit and driving tests."

**Tim M.**



"My goal is to do 250 kms on my elliptical by the end of 2025. Specific - It specifies the kms will be done on my elliptical. Measureable - I will track my 250 kms in my notebook. Attainable - 250 kms over 12 months is 21 kms per month. Relevant - I want to become more fit and healthy. Time - 1 year (2025)."

**Anjula E.**



"Starting in the New Year, I will prepare healthy meals using seasonal ingredients by creating a weekly meal plan that includes at least five different seasonal fruits and vegetables. I will shop for these ingredients at local farmers' markets or grocery stores and dedicate time each weekend for meal prepping for the next three months."

**Digna F.**

"Develop and launch a formal sign language program for beginners within six months, consisting of 10 structured lesson modules, with at least 80% of participants demonstrating competency through (casual) quizzes at the end of each module, promoting inclusivity and better communication with the deaf and hard-of-hearing communities."



**Natasha P.**

"I will travel to more non-english-speaking countries. Within the next year. I will save enough money, each quarter, to contribute towards my travel funds."

**Sasha D.**



*What are your goals this year?*

# WREATH-MAKING



by Darryl

The holiday season is a time for joy, creativity, and connection—and that's exactly what filled the air during our recent wreath-making workshop!



# Our Finished Wreaths

Hosted by the Psychosocial team and Halton Day Services, this event wasn't just about crafting beautiful holiday decorations; it was about coming together, embracing the spirit of the season, and celebrating the unique talents of each participant.

From fresh evergreen branches to glittering ribbons, pinecones and colorful ornaments, there was no shortage of materials to spark creativity. Participants arrived with big smiles and eager hands, ready to dive into the holiday fun. For many, this was their first time making a wreath, and the excitement was contagious!



# Bowling Group



by Ryan  
Photographer



Every Monday Morning from 11am-12pm at Classic Bowl Mind Forward has its bowling program with the exception of stat holidays. During the 1 hour of bowling for \$10, everyone has their select group of clients/staff who bowl, which can be very fun for everyone involved.

While bowling is fun and a great workout it can also be very expensive if you go during peak hours, which is usually any time after 12pm and after 5pm. The evening is where it gets the most expensive at about \$60 per hour, not including shoe rentals as well.

## Bowling Leagues

Leagues at the bowling alleys throughout the cities can reduce the cost per hour, giving league bowlers a huge discount. This is much more affordable compared to paying the full hourly rate and getting started with your own bowling gear.

When it comes to leagues, each one has a different cost some are through the bowling alley and others are sanctioned leagues which means. There are a lot of rules of etiquette that have to be followed. All of the lanes are also oiled differently for each league during the summer and through the winter months.

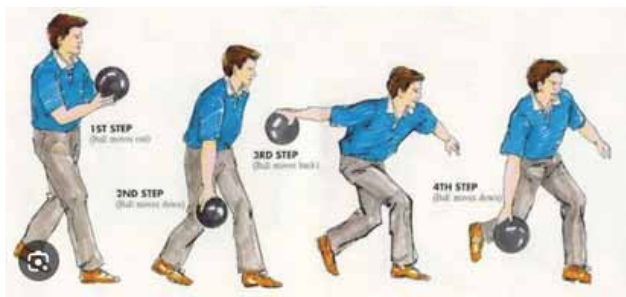
Having your own bowling gear really does make a difference in the overall experience of the game. After getting your ball, shoes, and bag, the cost can total up to \$500. Also, that depends on the type of ball you are getting to start off with. For the type of ball depends on whether it is symmetrical or asymmetrical. Each one has a different reactive core, which will hook the ball early or late depending on your release and how you are holding the ball.



*Gear*



*Form*



Form is a crucial part to any success in becoming a good to great bowler. Sure everyone starts out okay or alright those that want to excel and improve their game. I can help with that by giving great pointers and advice overall. One thing is for sure you do not want to squeeze the ball, really hard one that will hurt your wrist in the long run, especially with a heavier ball.

Bowling is one of the only sports where you have to pay for your success rather than other sports where you get a ridiculous signing bonus and contract. Bowling is different -- sure you can get up to the pro level, but just like everything else if you don't work for yourself you are not going to succeed and thrive. How far you want to take it is entirely up to you.

*Scoring*



Game Scores										
	1	2	3	4	5	6	7	8	9	10
YAN	123	134								
YLE	74	74								
NDRE	118	121								

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# Furry Friends!

Pet Profile For : **Blue** (aka Bluey) the kitten

Breed: **British / Scottish Shorthair**

Age : **5 Months Old** (Born on August 5th, 2024)

Color : **Classic gray-blue coat with green eyes**

Personality : **Blue is the epitome of a new kitten-- she is hyper and ready to explore the world around her! Known for her sociable demeanor, she enjoys playing with her toy turtle, yarn, and even her water bowl. Lounging around, and observing her surroundings with a thoughtful gaze, is something she enjoys most. Blue is affectionate and enjoys gentle playtime, often chasing after her tail, and feathered toys, with surprising agility.**

Favorite Activities : **Napping at the top of her cat-tree, under a sun-lit window. Bird-watching, and curling up with her favorite humans for snuggles.**

Diet: **A balanced diet of high-quality dry and wet food, with occasional, delicious treats.**

Health : **Blue enjoys good health and regularly visits the vet for check-ups. She will be vaccinated and spayed in February 2025. Visit the Hamilton SPCA for affordable pet care here : <https://www.hbspca.com/companion-animal-hospital/spay-and-neuter>**

Special Traits : **Blue has a plush, dense coat that resembles a teddy bear's softness and luster.**

Fun Fact : **Slow-blinking at a cat/kitten feels just like a warm hug to them! Also, like many British / Scottish Shorthairs, Blue is not a fan of being carried for too long but prefers to sit on you or beside you. In this way, she demonstrates her affection in her own unique way.**



## Two Cats

by Yho

Two cats lived under the same roof.  
They played, they slept together  
They fought together, they ate  
side by side.

One stealing the other's food  
Sometime.

They kissed, they groomed each other

They learned from each other

They pick up each other habits

Like picking up toys and carrying  
them across the room and drinking  
from the faucett in the bath tub.

Until one day the oldest cat got sick

A person came in with a big crate

And carried him out.

Where did he go?

I know that he went to sleep in the crate.

I heard that he's with some angels

in heaven, living there happily

His sister lives down here still

With me she is safe

And he is safe in another world



# FEVER CANDLELIGHT CONCERT: TRIBUTE TO QUEEN



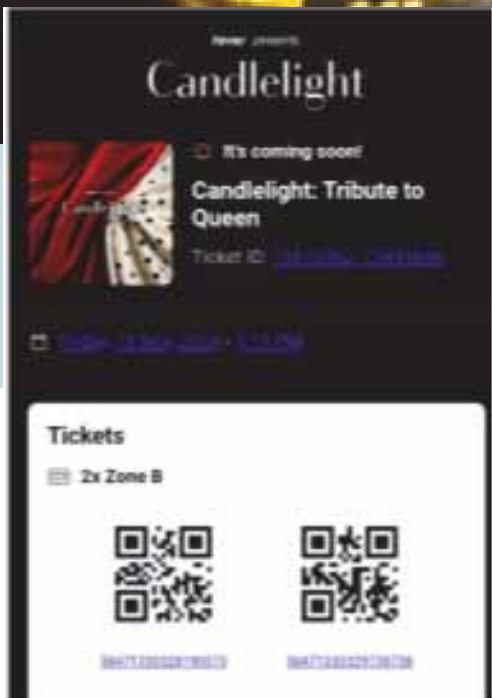
by Digna  
Travel & Entertainment Reporter



On Friday, November 15, 2022, 9:15 pm, we went to see Fever Candlelight Concert: Tribute to Queen at Evergreen Brickworks, 550 Bayview Avenue, Toronto, Canada. This venue has ample parking, with good facilities, convenient, and accessible.

We redeemed the gift voucher given by my cousin. Fever also accepts Access 2 Entertainment card, (which gives the support person of the cardholder free access to the event). Fever requires proof of payment for the ticket bought then provides the carer's code for the additional ticket. The staff are efficient in responding to any questions or concerns. Fever requires advance ticket purchase for a flat price based on your chosen seating zone. The receptionists and ushers were helpful in guiding us to our zone.





Fever's Candlelight Concerts, take place in venues in cities across Canada, using tons of candles as the primary lighting source for a distinctly enchanting feel. The shows typically involve a local string quartet playing the music of a popular act like Taylor Swift, Queen, ABBA, Beatles, Imagine Dragons, Adele and many others. Ticket prices vary based on the city and program but, in our case, were about \$50 each after taxes and fees for seats in Zone B, the mid-priced seating section of three offered.

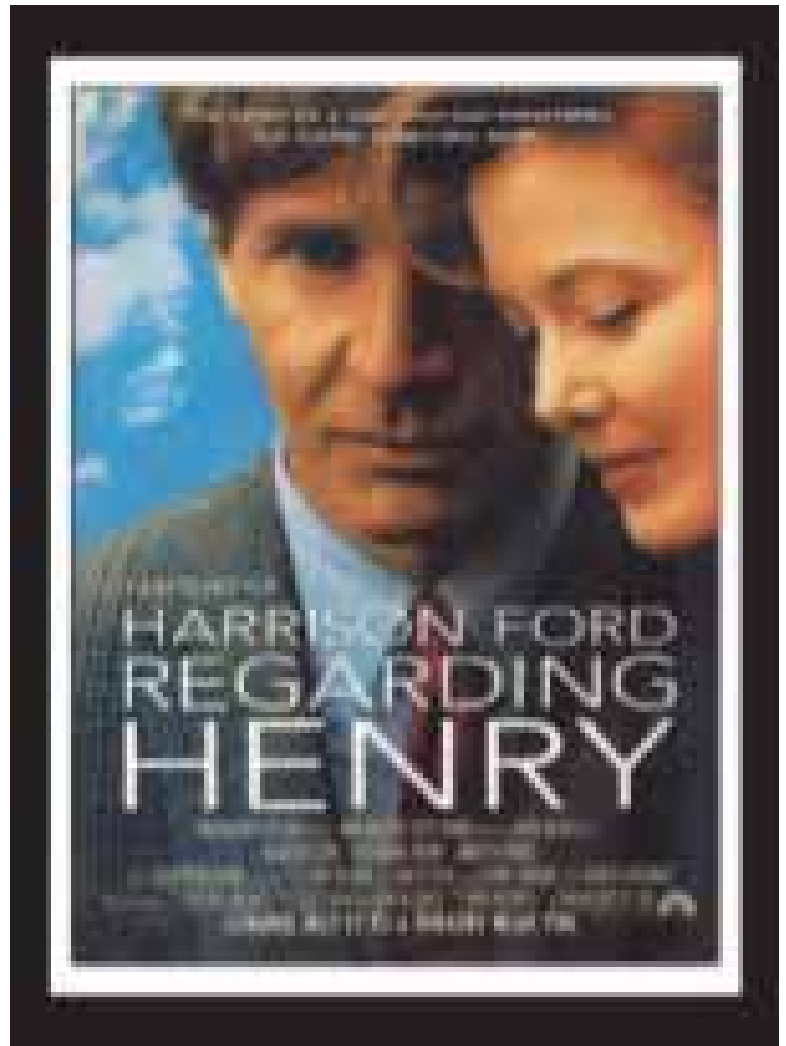


When we arrived, we were led to a spacious hall, full of neatly arranged black folding chairs surrounding a small stage in the center of the room. The numerous candles around the room were flameless but looked very realistic because of the way they flickered.

# Regarding Henry Movie Review

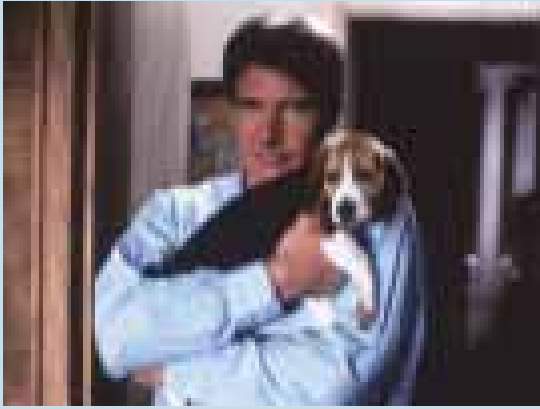


by Digna  
Travel & Entertainment Reporter



Regarding Henry is a 1991 American drama film directed by Mike Nichols and written by J.J. Abrams. It stars Harrison Ford as Henry Turner, a ruthless attorney without any regard for other people.

One night he was shot in the head by a robber which resulted to brain injury and cardiac arrest. He was rushed to a hospital where he fell into coma. His wife, Sarah Turner, (played by Annette Bening) supported him throughout his ordeal. Henry had to relearn how to talk, walk and do daily life activities at a rehabilitation centre. He received dedicated and genuine care from a driven, optimistic and energetic therapist. This contributed greatly to his recovery and family reunification.



Movie trailer link:

[https://youtu.be/\\_p6RpXGBT7g](https://youtu.be/_p6RpXGBT7g)

Regarding Henry shows how he was perceived by his friends and coworkers when he returned to work. He still could not remember most of them, but they were professional and understanding to him. Most were pleasantly surprised at his changed demeanor. While at the office, he uncovered material evidence that could have changed the court's decision. He was puzzled and deeply bothered and thought of ways he could do to help administer justice.

He also discovered that he was cheating on his wife. He was disgusted at his former self. This opened his heart to forgive his wife and reconcile. He also grew closer to his daughter by being available and caring. He even bought her a puppy. He was able to reconnect with his family and close friends by having more meaningful conversation. The film conveys determination, persistence, dedication, recovery, forgiveness and reconciliation.

I give this powerful and inspiring film a rating of 9 out of 10.



# Food for Thought



**by Xiao**  
**Life Hacks**

Vitamin B6 and Vitamin B1 help you sleep. Vitamin B6 is found in cheese and some yogurts. Vitamin B1 is found in green peas and pork. To process vitamin B1, your body needs magnesium and vitamin B1 must be combined with dietary fat through animal products or certain nuts.

Not all nuts work with vitamin B1, vitamin B1 works better with macadamia nuts and does not work with almonds.

You should avoid nuts if you have a nut allergy. Coffee and tea can deplete your vitamin B1 and certain medications might deplete your body of vitamin B1 causing you to need more vitamin B1 than normal. A lot of the vitamin B1 capsules online are synthetic or is the type that is not processed properly. The kind that is easier to process is very expensive and hard to buy. It does not exist on sites like Amazon because it is too much competition for other companies and is removed from Amazon by other paying businesses. Rapid weight loss from taking vitamin B1 might lead to severe dehydration that needs immediate rectifying. Macadamia nut are very very fattening and should only be eaten very sparingly.

A doctor told my dad if you want to avoid cavities and lower future dental costs, gargle your mouth with homemade salt water every single day before bedtime. This will kill bacteria and prevent cavities.

This should not be done if you have extended hydration needs brought on by medical causes because salt water might make you thirsty, leading to potential wake ups in the middle of the night or early awakening in the mornings from dehydration.



A Ted Talks doctor said eating 4 walnuts a day lowers your risk of Alzheimers by 80% when you reach the years where this affects people.

This should be avoided if you have nut allergies or if you have issues moderating your intake of walnuts and eating too many. You should name sure walnuts are fresh and prepared by reputable companies and they do not contain shell residue that damages your teeth. One cup of walnuts is over 800 calories so if you do not have the self control to stop at 4 walnuts, you should reconsider buying it. There are other methods to lower your risk of Alzheimers such as socializing, listening to positive music, or doing brain training activities and working out.

## Food for Thought, cont.

If you want strong bones, combining vitamin B1 with Vitamin B6 with Vitamin B7 with meat with fat with magnesium will make your teeth and bones stronger.

Vitamin B7 is made when you combine real probiotic yogurt with fruit. Avoid maltodextrin when you consume sweetened dairy products cause it's one of the most unhealthy ingredients you can possibly consume. When choosing a healthy yogurt with no weird ingredients, be mindful of the calcium and fat. Low fat yogurt often has low calcium and might be made with milk products as opposed to real milk. For vitamin B6 You should use real meat and protein sources from animal or egg or dairy, artificial meats will not work. Nuts have vitamin B6 too.

You should avoid nuts if you have a nut allergy. Yogurt and cheese should not be left out of the fridge too long and should be eaten within minutes after its taken out of the fridge, unless it is a special cheese that can last out of the fridge, and this is made clear to you by the company that sells it.



Loving kindness meditation can boost your immunity so it is important to meditate on happy feelings that involve altruism and loving thoughts.

It is important to remember, to eat healthy and protect body temperature, oxygen, hydration and sleep levels as well. I use a care bear teddy as a meditation device and think about positive virtues like compassion, kindness, honor, social sweetness, freedom, friendliness, gentleness, humor. You can also collect videos of dogs or cats on Pinterest, or borrow a friend's dog for a week. Remember to feed borrowed animals and quench their thirst without over feeding them because that could make the animal sick.



# Data on Charity



by Xiao  
Life Hacks

A study of high school student prior to and after doing volunteer work found that high school students who did volunteer work had a lower body mass index than high school students who did not do volunteer work, even if both groups started with identical physical markers of health and fitness levels in the beginning of the study.

Research shows people who care for husbands or wives with their labour and time are 40% less likely to die within 20 years than those who do not provide extended and unequally given care to a needy husband or wife that is more dependent for resources or time than the healthy and employed husband or wife.



The research says 85% of rich families donate to charity, and that is only counting the ones that declare their donations on their income taxes, and donate to charities in their home country where taxes are counted, and give to registered charities and not waitresses, taxi drivers, homeless people, hotel cleaners, friends or extended family, meaning the number could be 10-15% higher than 85%.