

PRESS FORWARD CLIENT MAGAZINE

SPRING RESET



• Anjula

In this issue, as we get into spring, our focus is on ‘Spring Reset’. We’re also launching into our spring 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 natasha.pastores@mindforward.org and she’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 the Text Below to Link to Articles:

- [Inspirational Story: Mamoon](#)
- [What’s Up? Mind Forward Highlights & New Programs](#)
Highlights, Culinary Creations—Nigel, Leaders in Training—Yhohannah
- [Congratulations on Your Achievements!](#)
- [Question of the Season—Zeenie Zone!](#)
- [Seasonal Articles](#)
Family Day—Digna, Chinese New Year Art, Spring Flowers & the Zodiac—Xiao
- [Daytrips, Calendars & Program Descriptions](#)
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CARD Article & Interview, CARE—Client Advisory Resource Executive
- [Spotlight : Interview with Natasha P.](#)
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Mind Forward Christmas Party—Nigel
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Movie Review—Digna, Blue Jays Update—Alanna
- [Letters to the Editor](#)
- [Mind Forward Virtual Calendar \(online link\)](#)

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:
shane.stanissa@mindforward.org

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

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

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Inspirational Feature

Mamoon

Just keep trying, don't give up,
don't lose hope... If you can't do
one thing, do what you *can* do.

-Mamoon



Mamoon worked as a transit bus driver for 7 years, until he had a stroke in 2021. From that time on, his life has been filled with obstacles to his independence, which he is overcoming, one at a time.

“I was dependent on family to access appointments and the community. Then I had to build confidence, which was a big challenge, but I’ve made significant gains this year.”

Mamoon has made great strides in his recovery. Now he takes accessible transportation four days a week to rehab, therapy, medical appointments, to practice walking, and to join his friends and religious community. Having this type of independence has boosted his confidence, and he enjoys his busy schedule.

At home, he sometimes removes his leg brace to practice walking for short periods of time, and also accomplishes activities of daily living. He has weakness in his left hand, due to the stroke, but he does the best he can at whatever he attempts to accomplish.

Regardless of his difficulties, Mamoon has been living out his dream of obtaining an education in Canada. He was able to transfer his college credits from the UK and Pakistan, and take courses here to finish up his high school graduation in Dec. 2023. He is now planning on going to college to take cloud computing.

Mamoon encourages other Brain Injury Survivors to find new purpose in their lives. He is an example of how we can find new things to be passionate about. His passion was to be a bus driver, and he hopes to return to that someday. However, while he's unable to do that, he is progressing in his education in another area of interest, to use his time wisely.

Mamoon has a support system to help him overcome his obstacles. His wife, who has worked full-time since Mamoon's stroke, has encouraged him to overcome his challenges. His 21 year-old son, now in dentistry, has checked over his school assignments. He considers his 17 year-old son, who is studying computer science, to be his "right hand". He feels blessed to have such a supportive family and parents.

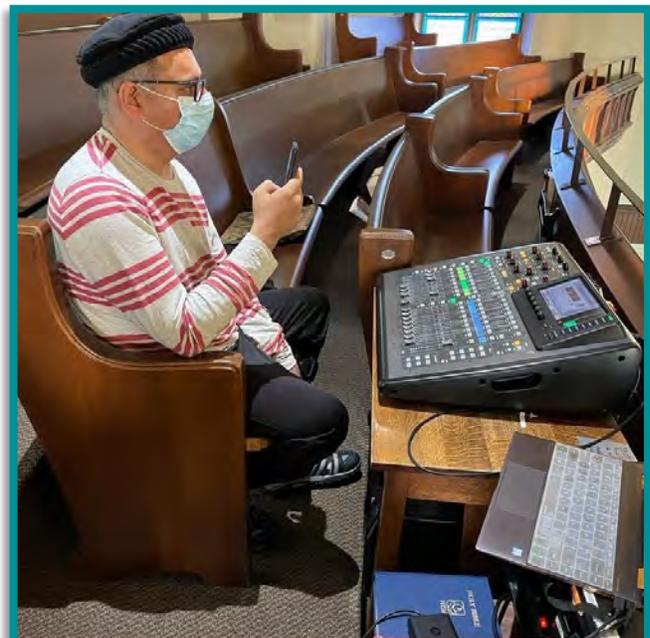
"Faith and family 100% have helped me through everything," says Mamoon.

When asked what he would like others to know about him, Mamoon responded, "I'm a self-made man, and I never give up. I always try to finish what I do, even if it's not on time."



Another one of his interests... HAM Radio. Mamoon was previously trained to use HAM radio for community and emergencies.

Regardless of his obstacles, having such a full life, with a community of people around him, and interests to pursue, brings Mamoon happiness and fulfillment.



WHAT'S UP?

Highlights and New Things at Mind Forward



Pinewood Derby Event

- Natasha P.

This was no ordinary race! During our **Pinewood Derby Event**, contestants raced their wooden vehicles, socialized over pizza, pop, and trophies. Two of six cars went head-to-head for the finish line (Fast and Furious style). Weeks prior to the grand finale, each person had the opportunity to learn the history behind pinewood derby cars, aerodynamics, and experiment with new designs (within Head Office's Wood Working Room). Together we not only worked on teambuilding, we also created some friendly competition for all to take part in!



WHAT'S UP? (continued on page 8)

Creative Fun!

- Dylan

Know what a wordle is? Ever heard of a Cryptquip? Have you tackled the worldle before?

What actually happened when the Berlin Wall fell down? Do you know the significance of Route 66? What was the Spanish Flu and why was it important?

Enjoy stretching your mind with puzzles and games? Want to become more worldly? Delight in writing on topics and making up silly stories?

And most importantly, where has Nigel gone?

Have we got the group for you! Come join us virtually on Fridays for a new group we call Creative Fun. You'll need to be a smart cookie.

Below are some quick games that are samples of some of the favourites from this group every week.

Anagrams, Drunk History, Small Crossword, Codebreakers, Mad Libs, and more!

Decorating the Book Nook—[page 14](#)



Sudden Rising

New novella written by the Mind Forward Creative Writing Group!

Mind Forward's Creative Writing Group has been brainstorming together and writing a Old Western-themed novella! While we were finishing up the last few chapters, we held an Art Contest for the cover of the book! We hope to have our book ready for printing soon.



CLIENT ACHIEVEMENTS



Congratulations, Mamoon, on your graduation!

Congratulations, Anjula, on finishing your mentorship program!
As part of the program, Anjula created a new website www.anjulaevans.com
and [song-writing tutorial video](#) on YouTube!



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:

shane.stanissa@mindforward.org

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

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

SEASONAL QUESTION

“Zeenie” Zone

“Zeenies? What’s a Zeenie?” you ask yourself

Since our Newsletter graduated to a Newspaper, then to a Magazine...

We graduated from “Newsies” to “Zeenies” (using part of the word Maga“zine”).

This time around, we asked for favorite spring activities and a small spring goal, and here are some of the answers:

Sara - going to the mall and the YMCA; goal = to get my G license

Nigel - cutting the grass; goal = organizing with cube storage in my spare closet

Carm - sitting around with the family at night around the firepit, listening to music or telling funny stories.

Ryan - starting back into outdoor photography; goal = to stay active, buy more jeans.

Shane - taking my dog, Betty, for hikes and seeing the rebirth of nature; goal = dietary goal - staying away from gluten and fast food.

Ann - I love Easter Sunday when we have a big get-together and dinner, I love all the flowers and going to church. I also love short walks at the park and going for coffee in the mall; goal = organize my closet and shoes, and the junk drawer.

Digna - walking in the park, wearing something comfy with a hat and sunglasses; goal = preparing seasonal and healthier meals.

Ivona - seeing my family in the States for Easter, I like to dress up for our dinner; goal = organize my garage.

Dylan - Camping on the weekend in the spring—I wear a shirt that says “Camping” on it.

Alanna - watching spring training baseball—I wear a jersey to cheer them on; I like going out with my nieces, looking for flowers and Easter Eggs at Easter. I also enjoy visiting a maple tree farm.

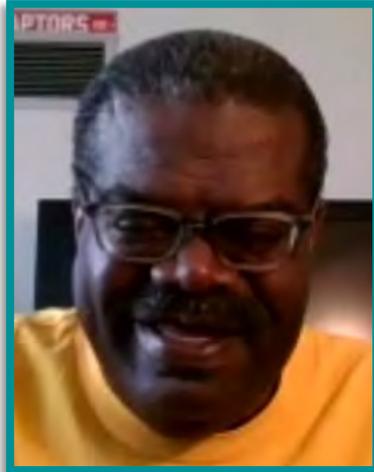
Paul - sleeping; goal = mowing the grass and setting up outdoor furniture.

Jessica - painting Easter Eggs, working on the back garden.

Anj - going to Kairya Park to see cherry blossoms; goal = finish organizing my space in my home more efficiently.

WHAT'S UP?

Culinary Creations



Nigel

This is my favorite group, and I've been attending Culinary Creations for two years now. The beauty about the program is that it's offered both virtual and in person, which means you can cook at home or join for an enjoyable meal with your peers. If you go in person there's a small cost associated. If you join online, it's free. For the in-person group, Leisagay is a great hostess, always on time, very organized, and informative.



What makes the program beautiful is that Leisagay and her partners, Carlene and Lasandra, bring all the greatness of culinary cuisine every Wednesday to an assortment of meals ranging from Italian to Caribbean to Asian to European. What that does is present a plethora of delightful tastes that we can sample each week at the end of each group. And this is where the fun begins.



WHAT'S UP?

Socializing with peers is the best part of the meal group. We talk about world events, we also talk about local events, and things happening in each other's lives. Overall, this is a "must attend" group for my friends at Mind Forward. I strongly recommend it.

Nigel's rating: 10/10!



WHAT'S UP?

New “Leaders in Training” Group!

Clients will have the opportunity to lead a virtual group with the help from staff. Staff will help with the editing of a PowerPoint presentation and all media needed to present. It's clients job to present that information and to do the research involved. Presentations can be about a specific topic, or about a specific destination you have visited. Client's can run a game or lead the group in a musical presentation. Your imagination is the limit.

If you are interested in leading a virtual group, please contact shane.stanissa@mindforward.org

Yhohannah's Slideshow—an example from Leaders in Training!

As crazy as abstract can get



If you don't believe in magic

Then I'd like to see you in my office please.



There's nothing wrong with
going crazy

(Especially when you've got some paint)



**Leave a little to the
imagination**

And leave a little to the heart



WHAT'S UP?

When the impossible is done it's called a miracle.

Let's all do it together!



An angel once sat with me in the night saying "Darling, everything will be alright."



There are places to live that are magic

Make yours one of them!



Plant something beautiful all over the place as much as you can, but if you're worried about your green thumb then just paint the world around you.



Being green is never boring and these days being green is the in-thing to do!



If we all saw the same things all the time then life would be a little boring. Diversity will always give us something to talk about and something to strive for.



SPRING RESET



Digna



Family Day—Fun Facts!

Here are some Fun Facts
about Family Day!

*"Love begins by
taking care of the
closest ones – the ones at
home."*

- Mother Teresa



1. Celebrated on the 3rd Monday in February
2. Created to reflect family values in Canada
3. It is a statutory holiday (day off work but with pay)
4. Officially started in the 1990s in Alberta. Later, other provinces followed in Saskatchewan (2007), Ontario (2008), British Columbia (2013) and New Brunswick (2018). Since these are the only provinces and territories in Canada that celebrate Family Day, this is considered a provincial holiday and not a federal holiday.

**NO FAMILY IS PERFECT...
WE ARGUE, WE FIGHT. WE EVEN
STOP TALKING TO EACH OTHER AT
TIMES. BUT IN THE END,
FAMILY IS FAMILY... THE LOVE
WILL ALWAYS BE THERE.**

www.dpsayings.com

SPRING RESET

Being a Family means you are a part
of something very wonderful...
It means you will love
and be loved for
the rest of your life...



5. This is a relatively new holiday so it doesn't have many traditions. However, the majority of Canadians enjoy spending time with their families doing indoor and/or outdoor activities. This would depend on the families' preferences, interests, and capabilities. Some enjoy sharing food recipes, preparing, cooking, eating, playing indoor and board games, viewing movies, doing winter activities, going to sports events, shows, museums, concerts, plays or simply relaxing at home and enjoying each other's company.

6. Family day is a great time to reflect, recharge and renew, not only energies but also relationships, starting from the inner circle, which is the family.



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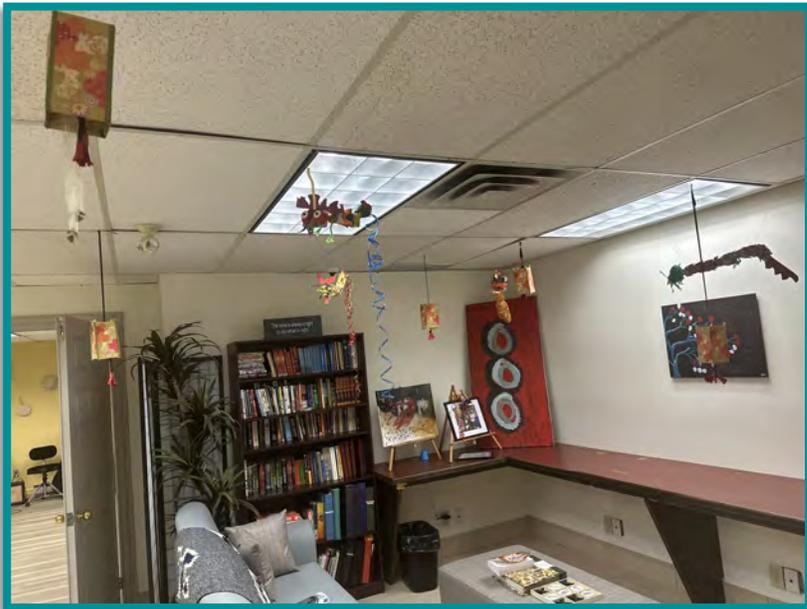
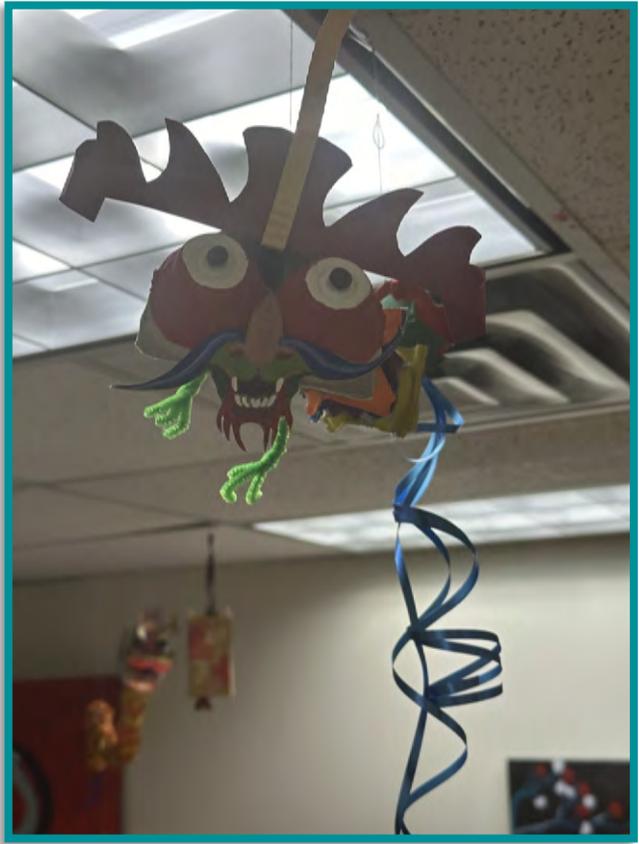
Chinese New Year Art

Dragon Invasion!

Dragons invaded the Book Nook downstairs at Mind Forward, along with their beautiful lanterns!



SPRING RESET



SPRING RESET

Spring Flowers



- Xiao

In the Flower Zodiac where each birth month is paired with a flower, the April flowers are tulips, roses and daffodils. I thought it would be nice to discuss my personal relationship to these flowers.



I love the daffodil cause in my early 20s I would volunteer multiple times a month to collect donations for cancer care societies by selling daffodils. I loved the opportunity to network and socialize cause I did not get that chance many times outside of that scenario. I also met some of the most amazing and compassionate and intelligent people you could find while collecting flowers for sale. I met people who shared my ideological background and were able to teach me things about personal growth. It was an incredible time in my life, which is why I like daffodils.



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I also like roses, because I have listened to a lot of spiritual songs where roses symbolize mercy, sympathy, beauty, and the vulnerabilities of life. I believe a flower resembling pink roses became one of the flowers I purchased for my graduation from University years after my brain injury. I think they are a beautiful flower that represents so many different aspects of life such as emotionalism, receptivity, excitement, change, fertility, compassion, pedagogical care towards children, and salutary memorialization at funerals.



I also like tulips because to me they represent the strength of the dawning spring, when the world is a medium influx between the resting and relaxation of winter, and the rejuvenation and excitement of summer. It is the first signs of the beautifying landscape as the weather becomes warmer, and the sundresses and turtles come out to the beaches and it makes me think of bubble lips which are used for kissing grandparents and kids and for buying valentines candy that is shaped like cartoon lips.

MIND FORWARD DAYTRIPS

PROGRAMS & DAYTRIPS

\$10 per ticket

REGISTER HERE!

All events cost \$10 per ticket.

Events in Toronto include transportation into the city via Go Train. For more details and to register, go to: <https://www.cognitofirms.com/PHDABIS1/MindForward10SpecialEventRegistration>

Date / Time	Event	Info
Saturday April 20 th 11am – 2pm	 <p>Jurassic World: The Exhibition</p>	<p>199 Rathburn Rd. W. Mississauga (Near Square One Mall)</p> <p>Tour begins at 1130am Venue is fully accessible</p>
Thursday May 2 nd 6:30pm – 8:30pm	 <p>360 Allstars Urban Circus</p>	<p>Oakville Centre for the Performing Arts: 130 Navy St. Oakville Show begins at 7:00pm</p>
Saturday May 11 th 5pm – 10pm	 <p>Toronto FC vs. New York City</p>	<p>BMO Field – Exhibition Place Go Train is included</p> <p>Game starts at 7:30pm. Accessible seats are not available</p>
Saturday June 8 th 10am – 3pm	 <p>Ripley's Aquarium of Canada</p>	<p>288 Bremner Blvd. Toronto Go Train is included</p> <p>Tour begins at 11:30am Venue is fully accessible</p>
Sunday July 28 th 11am – 5pm	 <p>Toronto Blue Jays Vs. Texas</p>	<p>Rogers Centre, Toronto Go Train is included</p> <p>Game begins at 1:30pm Wheelchair seats are available.</p>

MIND FORWARD DAYTRIPS

[REGISTER HERE!](#)

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Sunday August 18th 10am- 5pm	 Canadian National Exhibition	The Ex, Toronto Go Train is included Venue is wheelchair accessible
Sunday September 15th 11am - 5pm	 Toronto Blue Jays Vs. St Louis	Rogers Centre, Toronto Go Train is included Game begins at 1:30pm Wheelchair seats are available.
Saturday October 5th 10am-4pm	 Royal Ontario Museum	100 Queens Park, Toronto Go Train and TTC included Admission at 11:30am *TTC stop not Accessible*

[REGISTER HERE!](#)

MIND FORWARD CALENDAR

Mississauga—In Person Groups

MISSISSAUGA

Swim Fit 9:00 – 10:30	Café 10:00 – 12:00	Science Simplified 10:00 – 11:00	Bingo 10:30 – 12:00	Drop In 10:30 – 12:00
Bowling Classic Bowl 10:30 -12:00		Holiday Crafts 11:00 – 12:00	Gardening 10:30 – 12:00	
Mindful Music 2:00 – 3:30	Card + Tea Making 1:00 – 2:00	Culinary Creations 2:00 - 4:00	Poker and Euchre 1:00 – 2:00	Brunch and Binge 10:30 – 12:00
	Sports Heroes 1:00 – 2:00			Woodworking ⁽¹⁾ 1:00 – 2:30
Pinewood Derby 2:00 – 3:30		Games Galore 2:00 – 4:00	Artistically Yours 1:00 – 2:30	Woodworking ⁽²⁾ 2:30 – 4:00
Mall Walkers 3:00 – 4:30	Rec Room 2:00—3:30			Community Outings 2:00 – 4:30
	Movie Mates 3:30 – 6:30			

MIND FORWARD CALENDAR

VIRTUAL

Mind Forward Virtual Calendar

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
On The Brain:	1:00—2:00
Mindful Music:	2:00—3:30



Tuesday:

Book Club:	10:00—11:00
Q.I. (Quite Interesting):	11:00—12:00
Sports Heroes:	1:00—2:00
Leaders in Training	2:00—3:00

Wednesday:

Science Simplified:	10:00—11:00
Around the World:	11:00—12:00
Virtual Games Group:	1:00—2:00
Clever Cooks:	2:00—4:00

Thursday:

Watercolouring Club	10:00—11:00
Discovery:	11:00—12:00
Drawing with Friends:	2:00—3:00
Movie Club:	3:00—4:00



Friday:

Jumpstart:	10:00—11:00
Fantasy Sports	11:00—12:00
Creative Writing:	1:00—2:00
Client Newsletter:	2:30—3:30



MISSISSAUGA

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: 10:00—12:00

MIND FORWARD GROUP DESCRIPTIONS

MISSISSAUGA

Group Descriptions

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

SwimFit @ Mississauga Valley Community Centre

1275 Mississauga Valley Boulevard

Start Date: Monday, April 8, 2024

Cost: \$10.08 per visit for individuals with disabilities or ages 55+

Gentle swim fitness programs are instructor-lead, and operate within a warm pool setting. Individuals of all ages have the opportunity benefit from social and physical engagement, as they strengthen their muscles, make use of range of motion exercises, and improve circulation.

Bowling @ Classic Bowl

3055 Dundas Street West

Session: April 8— July 8, 2024

Cost: \$128.82

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

Mindful Music

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

Delve into the benefits 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.

Pinewood Derby

Participants will have the opportunity to learn the history behind Pinewood derby cars. The instructor will guide and support participants in designing, building, and taking part in teambuilding and friendly competition upon completion of their race cars.

MIND FORWARD GROUP DESCRIPTIONS

MISSISSAUGA

Mall Walkers

100 City Centre Drive

Promote a healthy and active living by joining your Mind Forward peers at Square One Mall Walkers. Feel free to grab a coffee or run errands! Each week, our group will meet in front of Tim Hortons on the lower level. **New Time Alert!** 3:00 pm – 4:30 pm, every Monday.

Café

New Session Begins: April 30, 2024

Cost: \$40 for 8 weeks (Ends June 18) or \$80 for 16 weeks (Ends August 13)

Engage with good friends and food! Each week, participants will be provided with budget-friendly brunch for themselves and their peers.

Card + Tea Making

Participants will be encouraged to express Holiday sentiments and individual creativity while designing Holiday cards and socializing with a cup of tea. Each week the instructor will demonstrate different techniques on card making while using various types of materials.

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.

Card + Tea Making

Participants will be encouraged to express Holiday sentiments and individual creativity while designing Holiday cards and socializing with a cup of tea. Each week the instructor will demonstrate different techniques on card making while using various types of materials.

Movie Mates @ Cineplex Theatre

309 Rathburn Road West

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.

MIND FORWARD GROUP DESCRIPTIONS

MISSISSAUGA

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.

Holiday Crafts

Each season, delve into a world of creativity as you engage in making holiday-themed works of art. Your instructor will guide you in projects throughout each holiday (e.g. Easter, Valentines, Christmas, and more!)

Culinary Creations

New Session Begins: May 1, 2024

Cost: \$40 for 8 weeks (Ends June 19) or \$80 for 16 weeks (Ends August 14)

Share your love of trying new food dishes. Prior to each group, the facilitators will share the ingredient list required for that week's recipe (using a maximum of five ingredients). There's lots of fun to be had when we roll up our collective sleeves and get something delicious done! **Important:** This is a free group for virtual participants only. \$5.00 for in-person participants— a meal is provided for in-person attendees at the end!

Games Galore

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. Prospective games includes Monopoly, See It Sign It (Sign Language game), Dominoes, Pictionary and more!

MIND FORWARD GROUP DESCRIPTIONS

MISSISSAUGA

Bingo

Cost: Free

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.

Gardening

Discover (or re-discover) your hidden gardening skills, in a safe and social space, near the office's beautiful ravine. Participate in interactive garden-based activities, using simple techniques, tools, and guidance from experienced peers and facilitator(s).

Poker and Euchre

Meet local card sharks (to test your hand against) in games and tournaments of Euchre, Texas Hold 'em, black jack, and other popular variants.

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.

Rec Room

We redefine the meaning of fun with axe throwing competitions, pong, karaoke, mini putt and more. Let go and be playful today— you may even win a prize!

MIND FORWARD GROUP DESCRIPTIONS

MISSISSAUGA

Brunch and Binge

New Session Begins: May 10, 2024

Cost: \$40 for 8 weeks (Ends June 28) or \$80 for 16 weeks (Ends August 16)

Indulge in brunch and socialize with familiar friends. After eating, join us as we binge on Netflix documentaries, biopics, and shows alike!

Woodworking

Cost: \$20 per project

The woodshop welcomes participants on Friday afternoons. Due to popular demand, 2 sessions are now available, which will allow more people to participate. A variety of projects are available for you to choose from such as canoe paddles, charcuterie boards, gumball machines, planter boxes and wooden games. You are welcome to stop by the shop and see project examples.

Projects take 4-6 sessions to complete. Reach out to Darryl at: darryl.clarence@mindforward.org to sign up. Darryl will reach out to you with your start date and time. Your first session will focus on shop safety, skill assessment and project selection.

Safety in the shop is our top priority. We host small groups at a time to ensure adequate support. Because woodworking is popular AND we want everyone to be safe AND some people work at different speeds, your patience is appreciated while we work to schedule everyone in.

Community Outings

Enjoy the afternoon at different community settings such as local parks, malls, coffee shops and recreation centers. This is an opportunity to explore your community while socializing with peers. A weekly schedule of locations is available from the day service team members.

MIND FORWARD CALENDAR

Halton Schedule—In Person Groups

Monday	Tuesday	Wednesday	Thursday	Friday
Mall Walkers Oakville Place 10:30 -12:00	Allendale The Game Show Experience (not open to community) 10:00 - 12:00	YMCA GentleFit 10:30 - 11:15	Jumpstart @ St Luke's 10:00–10:45	No In-Person Programs on Friday's
		YMCA Track Talk 11:30- 12:30		
		YMCA Swim & Social 1:00 - 1:45	Painters with Brushes @ St Luke's 10:45- 12:00	
Challenge Golf Tee Zone (Runs until October 2nd) 1:00 - 2:30		Pet Therapy (Not open to community) 1:30 -2:30	Jumpstart (not open to community) 1:00–1:30	
Allendale Games, games and more games (not open to community) (Starting October 9th) 1:00–2:30		Every other week Starting September 27th Movie Group Film.ca 3:00-6:30 Halton Hangouts Various Locations See calendar for details 3:00-5:00	Cook N' Carry @St Luke's 2:00–4:00	

HALTON

MIND FORWARD GROUP DESCRIPTIONS

Halton Schedule—In Person Groups

HALTON

Group Descriptions

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

Mall Walkers

Oakville Place — 240 Leighland Avenue, Oakville

This group is open to all ladies and gentlemen. Run errands, have lunch, or simply socialize with one another.

Challenge Golf (Runs until October 2nd)

Tee Zone — 4105 Regional Road 25, Oakville

Join us every Monday afternoon at Tee zone driving range. You can bring your own clubs or use some from challenger golf.

Allendale Support

The Game Show Experience

Not open to the community

Come on Down, You're the next contestant on the many game show games we will be playing. Game shows such as; Family Feud, Wheel of fortune, Price is Right and more.

YMCA GentleFit

YMCA—410 Rebecca Street, Oakville

With a combination of low impact cardiovascular aerobics, Gentle Fit targets large muscle groups in order to build endurance and muscle strength.

Requires YMCA membership *if interested in a membership call (905) 464-1044*

YMCA Track Talk

YMCA—410 Rebecca Street, Oakville

We will be utilizing the track at the YMCA to get our steps in. Whether you prefer to use headphones and get into your zone or you would rather have conversations with the other participants. The YMCA Track talk group will definitely give you the sweat you are looking for.

Requires YMCA membership *if interested in a membership call (905) 464-1044*

YMCA Swim & Social

YMCA—410 Rebecca Street, Oakville

In Aquafit classes, members stretch and strengthen in the pool, where resistance from the water gives a solid workout without straining the body.

Requires YMCA membership *if interested in a membership call (905) 464-1044*

MIND FORWARD GROUP DESCRIPTIONS

HALTON

Movie Group

Film.ca Cinemas—171 Speers Rd, Oakville L6K-3W8

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.

THIS GROUP WILL BE OFFERED EVERY OTHER WEEK

Halton Hangouts

Will be offered at various locations. See page 8 for details

Cost: Pay As You Go

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.

THIS GROUP WILL BE OFFERED EVERY OTHER WEEK

Jumpstart @ St Luke's

St. Luke's Palermo—3114 Dundas St W

Getting your day started with an energetic workout helps develop a good body and soul. In this group, participants will be following staff with various light stretches and weight toning exercises. Staff will keep in mind those individuals in wheelchairs or have mobility issues. The purpose of this group is to increase stamina, flexibility, muscle tone, strength, and overall physical and mental health.

Painters with Brushes w/ Oakville Art Society

St. Luke's Palermo—3114 Dundas St W

Welcome to "Painters with Brushes" – a vibrant canvas where creativity meets inspiration!

Our art group is a delectable blend of brushstrokes and imagination that translate onto the canvas.

Cook N' Carry

St. Luke's Palermo—3114 Dundas St W

September 7th—November 30th 2023

Fee: \$60 for 12 Meals

At St. Luke's Cook & Carry, we're whipping up more than just delicious dishes— we're cultivating a family of food enthusiasts who share a passion for cooking, camaraderie, and community. Our group is a hub of culinary creativity, where the joy of preparing and sharing meals is at the heart of everything we do.

PEOPLE & SERVICES

Community Association for Riders with Disabilities



My Experience
with CARD
Alanna



CARD is an organization that is fully dedicated to therapeutic horse-back riding, focused on specific disabilities.

I have personally been a member of CARD for a number of years, so I definitely agree with their mission statement, that they provide high-quality equine therapy to children and adults in a safe, inclusive and welcoming environment.

CARD is very specialized at dealing with various rehab issues. Each of their horses are chosen for specific individual rehab concerns.

For example, while I was at CARD my core balance improved GREATLY.

Along with my self-confidence!



CARD is located in G. Ross Lord Park, a large, natural space, right in the city, with its entrance on Dufferin, in North York.

This fully accessible facility is accessible by transit, wheel-trans, car, and bus.

The facility is fully accessible, including four paddocks, administrative offices and lounge, a 19-horse barn with wash stall, a tack room and a heated indoor arena.

Founded, in 1968, by Dr. Renaud and Mr. Bauer, to bring therapeutic riding to Canada, since the benefits of riding for those with disabilities have been recognized for over 3,000 years.

Today, therapeutic riding and other safe, purposeful, and supervised interaction with horses is recognized to benefit children and adults with almost any cognitive, physical and/or emotional disability.

On the website, card.ca, you can find A LOT MORE detail; view the facilities, “meet” the horses, and ask the staff.

I had NEVER ridden a horse before I enrolled at CARD, so I was VERY nervous. I went to physically SEE the facilities, and meet, and talk with staff. They are happy to do that for anyone, they WANT your experience to be comfortable, pleasant, and beneficial. People are strongly encouraged to contact CARD, to arrange an introduction appointment.

Community Association for Riders with Disabilities

Interview with Seana



Ivona - What is your mission statement?

To provide high-quality equine therapy to children and adults in a safe, inclusive and welcoming environment

Ivona - Who is the founder of your company?

CARD was founded by Dr. Reginald Renaud and Joseph Bauer in 1969

Carm - How did your company begin? What was your motivation to start it?

Dr. Reginald Renaud and Mr. Joseph Bauer, who were impressed by the idea of therapeutic riding, and convinced of its benefits. They were familiar with therapeutic riding taking place in Europe and wanted to bring those opportunities and benefits to Canadian people with disabilities.

Ivona - What different services do you provide?

We provide primarily mounted group class of 4, with groups assembled according to age and ability and focus. We do provide a ground program on an individualized basis.

Carm - What does riding teach?

Depends on the students. L/R recognition, motor coordination, prepositions, literacy, numeracy, steering, walk/halt

Alanna - How do you accommodate people with different disabilities?

The CARD facility is wheelchair accessible, and horse-specific accommodations are made through adaptive tack and mounting block

Alanna - How do you keep your clients with different disabilities safe while riding?

The horses are carefully selected and trained for their role at CARD. Each prospective client has an Intake Assessment to determine their needs and abilities. Each client has a leader and 1-2 sidewalkers to help them while riding, whether that is by cueing or physical support holds.

Carm - How does riding benefit people with disabilities?

The benefits of riding for those with disabilities have been recognized for over 3,000 years.

The motion of the horse's walk is similar to the human gait, and the swinging, repetitive motion improves balance, coordination, strength, and muscle tone while gently mobilizing the joints. The average horse walks at a rate of approximately 100 steps per minute. Just 5 minutes on a walking horse represents 500 neuro motor inputs to the patient.

It is not uncommon for a non-communicative child or adult to verbally communicate spontaneously with a horse. The horse provides a non-judgemental partnership and a safe space to develop skills.

- Pelvic and spine mobility
- Balance
- Coordination
- Strength
- Postural control
- Physical stamina
- Range of motion in joints and limbs
- Communication Skills
- Attention Span
- Structured thinking
- Confidence and self-esteem
- Social Interaction

Anj - If someone is afraid of horses, how do you help them overcome that?

That is not a focus of the CARD program. While we have successfully helped clients with anxiety around animals, we are not set up to desensitize individuals with a horse-specific fear. We would encourage the client/family to work on their comfort level before applying to join the CARD program.

Carm - Are there levels you can achieve as you improve at riding?

Yes and no. "Levels" of riding ability/class type vary between facilities, and CanTRA has also created a system of levels which parallels the Rider Levels offered by Equine Canada. Generally, therapeutic riding is focused on the individual's goals, which are often not equestrian-specific.

Anj - Can clients be involved with the care of the horses?

Not at CARD, no.

Carm - What are some of the challenges you face on a day-to-day basis?

Having enough volunteers, be that initial applicants or consistent attendance. Balancing the needs of the horse with the job we are asking them to do. Educating families as to appropriate behaviour parameters around the horses.

Community Association of Riders with Disabilities

Interview with Seana, cont.

Digna - Where do you get your horses?

Until recently, the majority were donated. This is rare now, and most centers are having to buy horses, which can be a complicated endeavor because of the trial period.

Alanna - Is there funding from the government or bursaries to attend?

Individuals are responsible for their own funding, CARD does not provide resources. We are aware that Passport Funding and Special Services at Home, as well as Canadian Tire Jumpstart have all sponsored riders. Certain individuals have also had success approaching their diagnosis—specific organizations or groups like Rotary Club or Easter Seals.

Digna - How does one qualify to be a CARD client? What is the process?

Clients must be minimum of 4yrs, have independent sitting balance, and no contraindications for riding. Visit our website.

CARD Vision & Values

Vision:

An engaged community in which individuals, not labels, dictate who they are and what they can achieve.

Values:

Deliver relevant, client-centered programs

Foster a culture of respect, where clients, staff and volunteers are welcomed, empowered and valued for their unique contributions

Ensure responsible financial stewardship to safeguard CARD's longevity

Promote an environment of respectful and open communication

Provide high-calibre and responsive care to our equine partners

Create and sustain positive relationships with engaged community partners



Community Association for Riders with Disabilities

4777 Dufferin St.



Meet Capri – one of CARD’s horses!

Dark bay Percheron/Quarter Horse cross mare
born 1999. She stands 16 hh

Donated by Linda Hunt. Sponsored by Linda &
Fred Hart.

Arrived at CARD in March 2015

Information on this page taken from the CARD website

www.CARD.ca

A big thank you to Seana, who came in
and answered our questions!

Capri passed her trial with flying colours and firmly dug her way into classes and hearts. She is a go-to horse for the instructors, and the program staff are confident that this dark haired beauty has a place amongst CARD’s “Legends”; those horses we still talk about fondly years after retirement and wish we could clone.

Capri initially made firm friends in Paddock 2, where she and Scooter had become an ‘item’. After spending more time with Scooter in Paddock 1B, sweet Capri re-joined the mares group in Paddock 1A, where she dotes on Splash.

Her background as a lesson and show horse make her a great choice for riders working on horsemanship, while her solid frame and smooth gaits make her well suited to the taller riders in need of a partner to help them work on their balance. In class, Capri is starting to become a mentor to new volunteer leaders, so good at her own job, she can help them learn theirs.

Capri has wonderful manners for grooming and tacking and enjoys her TLC, however, she is a work-oriented girl and once the tack goes on, she dislikes hanging out in her stall: she wants to get down to business and she lets you know it by pacing and bumping her stall door!

Capri is talented and kind and we look forward to working with her for years to come.

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



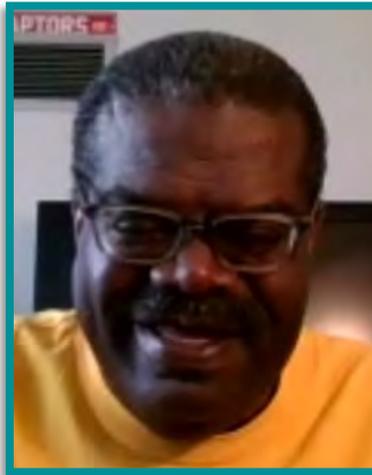
Flora



Alanna



Anjula



Nigel



Frank



Mamoon



Carm





Spotlight

___title

Natasha Pastores

Anj - What prompted you to come from nursing to Mind Forward?

Definitely the hours and motherhood! Nurses that work on hospital units usually alternate between day and night hours. As well, we often operate on a schedule known as "four-twelves", meaning we work three 12 hours per week. This is a standard working schedule so that we can serve patients 24/7. These hours make it possible for one team work from 7:00 AM until 7 PM, then have the night team serve from 7:00 PM - 7:00 AM. After becoming a mother, this was no longer practical and didn't suit my life with little ones. I also realized how much I missed interpersonal connections with the people I serve; in nursing, we meet someone, and may never get the chance to see them again.

Dylan - What skills did you learn in nursing that help you today?

Pathophysiology is a study and class that focuses on conditions caused by a physical injury and/or disease. I think classes like this help me to understand each individual's unique experience and complexities, after having survived a brain injury. I love helping people in whatever way I can.

Strangely enough, nursing has also helped me with my home life. I think everyone should have a first aid kit. I can't tell you how many times I've needed pulse oximeters, thermometers, or dressings (e.g. bandages) either for myself, or my family members!

Alanna - What encouraged you to learn ASL? Did you use it often as a nurse?

In nursing, we use translators or bedside picture communication boards. They look something like this:

EZ PICTURE BOARD
AN INNOVATION IN PATIENT COMMUNICATION

● I AM

short of breath 	in pain 	choking 	feeling sick
hungry/thirsty 	cold/hot 	tired 	dizzy
angry 	afraid 	frustrated 	sad

● I WANT

to be suctioned 	lip moistened 	water 	to be comforted 	to sleep
tv/video/dvd 	call light /remote 	it quiet 	lights off/on 	to go home
to sit up 	to lie down 	to turn left/right 	head of bed up/down 	get out of bed

● I WANT TO SEE

doctor 	nurse 	family 	chaplain
------------	-----------	------------	--------------

--	--	--	--

A	B	C	D	E	F	G	H	I	1	2	3	Thank You I Love You
J	K	L	M	N	O	P	Q	R	4	5	6	
S	T	U	V	W	X	Y	Z	.	7	8	9	
'	,	?	!	SPACE			+	0	-			

For infection control purposes, please do not reuse this board between patients.

I was actually prompted to learn ASL during my first Boundless trip, in 2021. I met a hard-of-hearing young woman and her mother— both of whom are fluent in American Sign Language (ASL). They taught our group some basic words. Learning this new language instantly captivated me. I wanted to share this knowledge with our Mind Forward peers in a "Basic Sign Language" program. I figured that (together) we can help close the gap of the communication barriers for those who are deaf and hard of hearing. We don't have to be perfect, we just have to try! Our efforts are appreciated by the deaf community.

Shane - What were some of the best tools you used to learn ASL?

I subscribed to Merideth Rathbone's YouTube channel, "Learn How to Sign". Merideth is a certified ASL teacher and interpreter, with a M.Ed in Special Education. She offers free and paid programs, which I used to base my PowerPoint presentations off of! I like that she offers a lot of visuals, test ideas, and contextual information. Visit her website at www.learnhowtosign.org

Anj - What programs are you running for clients right now?

Artistically Yours, Watercolouring Club, Massage Therapy, Brain Teasers, Book Club, Pinewood Derby Car Making (to name a few!).

Shane - Where do you see the programs going?

I think programs are growing, and will continue to do so both in-person and virtually. I anticipate more collaboration and greater interpersonal relationships between all of our friends from different municipalities (even provinces!). Thanks to virtual and in-person platforms, we are able to create more accessible and lasting friendships / experiences.

Shane - Do you have any programs that are overachieving your goals for them?

Definitely the art programs! It started quite small with the intention to simply paint portraiture each week. Artistically Yours is getting more and more popular, as a result, I started working on some project specific assignments, such as clay making, faux stained glass-work, mosaic trays, candle making, and even resin art).

Spotlight on **Natasha Pastores, cont.**

I think I'd like to start an exclusive art membership program that requires folks to sign up (e.g. Mind Forward Art Collective). Time will tell!

Dylan - If budgetary constraints weren't a thing, what one activity would you lead at Mind Forward?

I'd get us a few company vehicles and plan elaborate, weekly adventures with everyone! We'd go to the Scandinavian Spa or Blue Mountain one week, to Shakespeare in the Park the next, Brunch at the CN Tower's 360 restaurant whenever we want.

I'd also buy all of the expensive art supplies from Michael's craft store and host art groups every single day. That would be a dream.

Carm - What is an exciting idea you have to better clients' lives?

Make a bucket list and explore the community! I hear many people wishing to travel to distant destinations, but we have so many amazing opportunities right under our noses!

I love ballroom dance, particularly Latin. I join Salsa and Bachata classes on my free time. I recommend looking up YouTube videos if you'd like to try dancing in your living room.

I personally make a bucket list every year, and make sure to go to as many things I possibly can (e.g. Bread and Honey Festival, Mirvish Theatre, Hazel McCallion Central Library, Butterfly Conservatories, Kelso Conservation for archery).

You can explore with family, friends, on your own, or with us at Mind Forward! I looked into tickets for the Art Gallery of Ontario (AGO), and hope for us to attend during the spring!

On quieter days, I like us to cozy up and play games (e.g. Blokus, Simon Says, Dice Breakers), or watch movies.

Shane - Any ideas for summer plans for groups?

Tree Top Trekking at Heart Lake! You can travel from tree to tree using suspended bridges, mini zip-lines, logs, and swings. It's similar to the Boundless tree obstacle course / adventure. If we get the green light to go ahead with activities like this, I think this could be a great day of summer adventure.

A lighter activity, offered by Heart Lake is a GPS rally. We can go on a fun forest treasure hunt, solving riddles and exploring nature along the way!

Digna - What and who are your greatest motivators?

My cousin Mina gave me the best parts of my childhood. She's my role model, for parenting and everyday life.

Carm - Where do you see yourself in five years?

In five years, I'd like to have saved for a trip to Ice Land!

Shane - What are some of your favorite family activities?

Anyone who knows me, knows that I enjoy planning special events (all the time). I think my family will have fond memories the excursions I plan for them, including water parks, train trips to the states, Wonderland, strawberry picking, etc.

Mind Forward Christmas Party

Mind Forward held a Christmas Dinner, Party, and Dance in December at Candles Banquet Hall. In my opinion, it was the best one ever!



Nigel



There were three choices for dinner, and the dinner was four courses. After everyone was fed and satisfied, we got on with the dancing! No one was shy and everyone got up and danced, as everyone was included. This is the first time we've had dancing at a Christmas Dinner, and it was a sight to behold. Even Shane was doing the twist, Dylan was doing the robot, and I was doing the moonwalk!



It was truly an evening of couture. Everyone was dressed to the nines, and there was definitely a Christmas vibe. There were Santa hats, elf hats, and one of the staff dressed up like an angel. Unfortunately, no one told Dylan that it wasn't an Ugly Christmas Sweater party.



Everyone looked spectacular, and a big shout-out to the staff who organized the event, Darryl and his Day Program Team. We're definitely looking forward to next year's Christmas Party!



Mind Forward Christmas Party, cont.





ENTERTAINMENT & SPORTS



Digna

*Entertainment &
Travel Columnist*

Love At First Sight is a 91-minute, heartwarming romantic drama that explores the complexities of love and destiny. It is about two individuals (Hadley and Oliver) who met by chance and instantly felt a deep connection. This is directed by Olivia Johnson. I love how the story unfolds, the script, cinematography (showing locations in London and New York), actors' great chemistry, acting and overall directing.

The movie explores the idea that the value of love lies in a mutual determination against all odds. It shows that love isn't supposed to always make sense. Life is full of surprises and challenges. This empowers people to adapt, face their fears and make the best in every situation. It is important to uncover that the secret to a long lasting relationship is genuine love, which is a choice, a firm decision to love the other person forever no matter what happens.

Movie Review: Love at First Sight

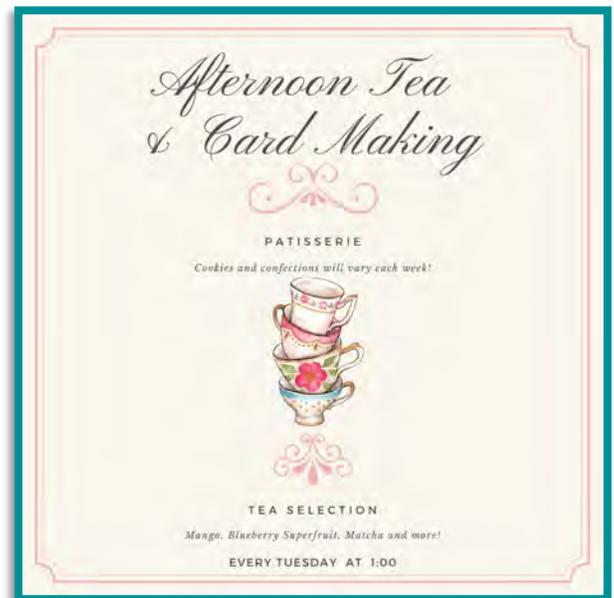


It is ironic since in the movie, Hadley's father, admits that he and Hadley's mother had stopped loving each other for quite some time, making their marriage meaningless. Since Hadley was already grown up and independent by that time, they opted to get divorce to give each other new beginnings and have happier lives.



Oliver's journey to embrace the possibility of a relationship with Hadley is driven by his parents' enduring bond and their willingness to take risks for love. The addition of a living memorial for Oliver's mom who has terminal cancer (following a 12-year remission) is noteworthy and thought-provoking. While still alive, she had the opportunity to experience the love and support of family and close friends.

This memorable and inspiring film is a must watch. I give it a rating of 9 out of 10.





Alanna
Sports Columnist

Sports Update
Blue Jays & Stadium

BLUE JAYS UPDATE

The beauty of Spring Training is that nothing has gone wrong yet!
Last season did not go as predicted AT ALL, leaving many of us
VERY frustrated...

So, the theme of this year is HOPE.

Exciting new players include; Justin Turner, Isiah Kiner-Falefa,
and Yariel Rodriguez.

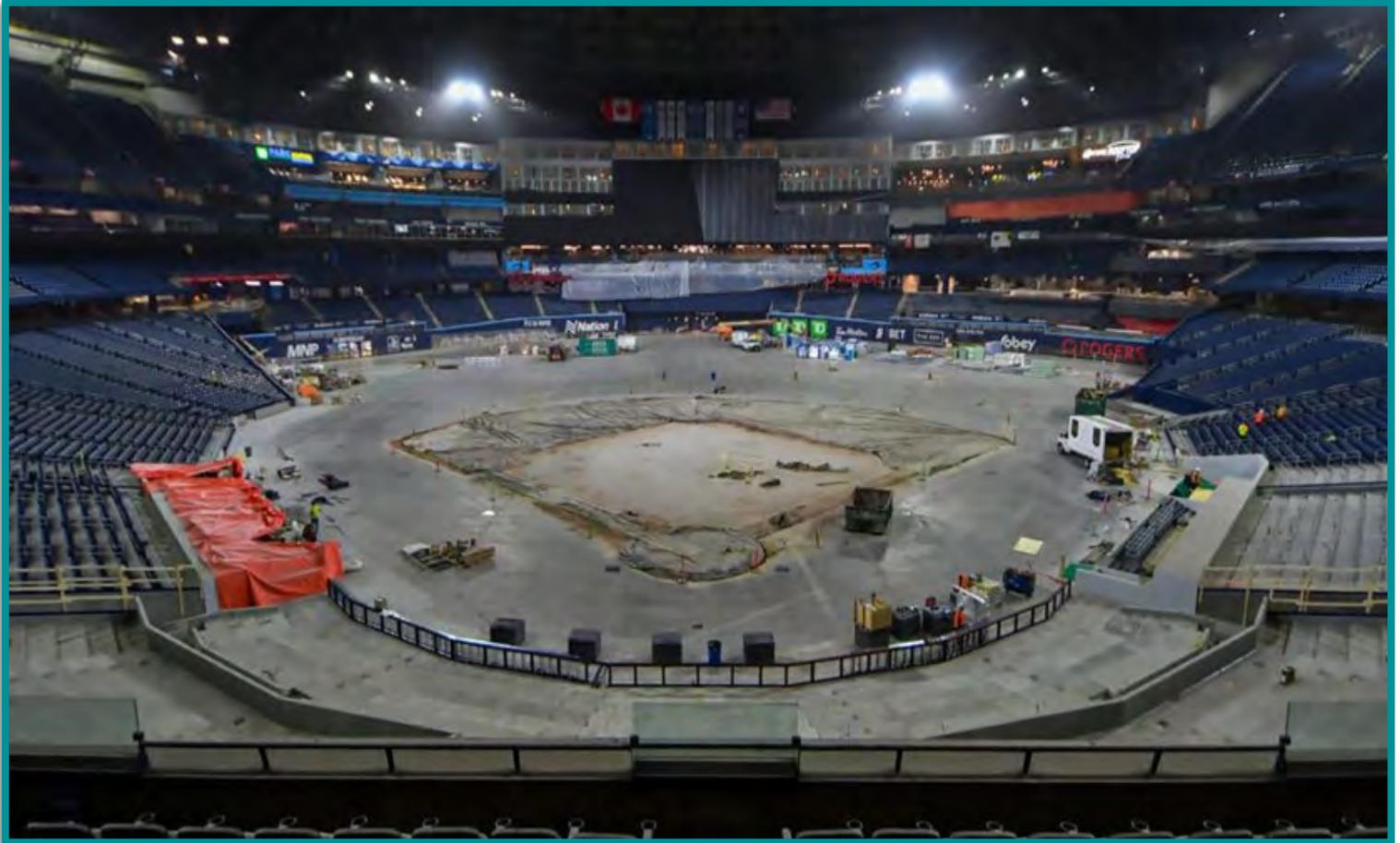
ALL NEW INFIELD

ALL NEW OUTFIELD



MEANWHILE, BACK AT THE ROGERS CENTRE...

ALL NEW SEATS



This new arrangement includes LOTS of new less expensive seating, and gathering areas.



Letters to the Editor

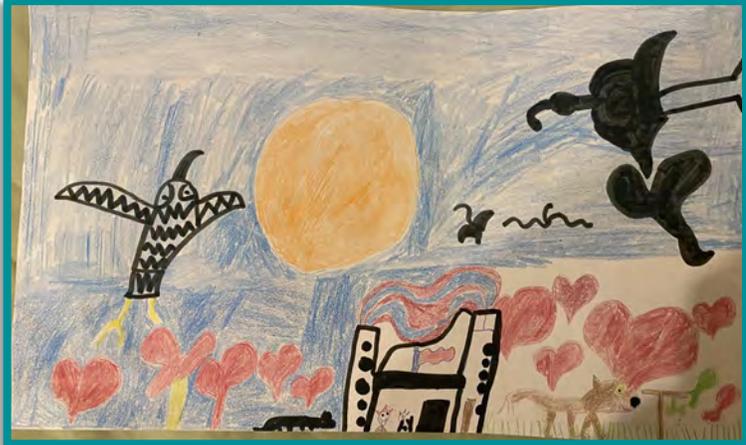
Send in your articles, artwork, and more!

I Have a Heart of Gold—by Yhohannah

The grass seems so much greener on your side of the fence
The blossoms in your garden with colours so intense
I smell bread a-bakin' and I can feel the heat
Your laundries always folded and put away so neat
I saw you one day hangin' round wearing a fancy coat
And behind the car you drove there was attached a boat.
I thought just for a minute that I wished that I was you
With all these things you have and a lot of things you do
But then I read in a book, one day, that I bought
You should never, never wish to be someone that you're not.
Your grass may seem much greener
And your blossoms a lot more bold.
But maybe I'm just as happy
Because I have a hear of gold.
In the past you went to school and have a lot of credit
You bragged about the book you wrote
but I just haven't read it.
Your house is in the rich area on a quiet street
Your married to a rich old man
You dressed him up so neat.
And in your yard you have a pool as deep as it is wide
You walk around so smoothly like a model full of pride.
And I caught myself a thinkin' that I wish I had your style
But then my eye's just brightened up
And I put on a smile.
'Cause I heard on the radio on probably channel two
You should always love yourself no matter what you do
I may not have a big back yard with greenery so bold
But I have a big wide smile and I have a heart of gold.



Thank you Steve, for allowing
us to display your artwork!



It's a good day—by Yhohannah

Its a good day today to go on an adventure
Somewhere nice,
Maybe a grassy field where I can
Burrow down with the rabbits
And see what they are really unto today.

It's a nice day to fly to the moon
Maybe grab a star on the way back
And put it in my pocket.

It's a good day to catch a fifty ton fish
And eat it all by yourself for dinner

It's a good day to go riding on the back of a
purple hippo

It's a very nice day to dance in the rain

It's a great day to sink into a bath tub full of
chocolate cream pie filling.

It's a nice day to do things for the first time.

It's a good day... a very nice day indeed.

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

Mind Forward Brain Injury Services

176 Robert Speck Pkwy.
Mississauga, ON L4Z 3G1

905-949-4411, extension 221

info@mindforward.org

Visit us on the web at
www.mindforward.org

Mind Forward Brain Injury Services

Mind Forward Brain Injury Services

176 Robert Speck Pkwy.
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PLACE
STAMP
HERE