

THE BRAINY BUGLER

Volume 18 Issue 1

Winter 2013

Jody takes 11th in the Paralympics For Equestrian!



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Jody S. a former client of CHIRS came back to visit us after her big trip to London England where she placed 11th overall in the Equestrian category.
Way to go Jody!



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Jody winning a second in one of the equestrian events she competed in



Jody and her horse Inspector Rebus

In Memory

On behalf of the staff and clients at CHIRS, we would like to express our sympathy to the friends and families of the long time clients that we have lost in the last little while.

Joseph Spitzer

September 19, 1960 - December 11, 2012

One of our long-time residential clients, Joseph Spitzer, passed away on Tuesday after a short battle with cancer.

Joseph had been involved with CHIRS since approximately 1995. He was first a client in ACSS for a few years and then moved to St. Georges in 1998. Joseph participated in many of the ADS programs over the years including Music Group, Bocce, Swim, Card Sharks, and Bowling. If you didn't know Joseph from his involvement in programs, you would likely know him from his engaging personality. Many of us have been challenged to decide on our favourite wood (his was apparently oak). Joseph was known for his enquiring mind, his sense of humour, gentleness and his love of family.



Paul Capon

March 28, 1958-January 11, 2013

We are sorry to announce that CHIRS client Paul Capon passed away on January 11, 2013.

Paul regularly attended the CHIRS West Swim Program on Thursday afternoons since 2006. He was a keen swimmer and each week frequently swam many laps alternating different strokes, supported by staff. Although Paul was in a wheelchair and entered and exited the pool using the lift, he wanted to be able to safely use the steps into the pool and whenever time was available practiced this skill with staff. Paul was always happy to talk to everyone and he will be missed by the clients and staff of the swim program.



Jacqueline (Jackie) Bedard

October 18, 1952- December 25, 2012

One of our long-time community clients, Jacqueline Bedard, passed away suddenly during the holidays on December 25th, 2012. Jackie had been involved with CHIRS since 1996 as an ACSS client. Although Jackie was not recently involved in ADS programs, she would often attend CHIRS special events. Jackie was very social and well liked by her peers due to her kind hearted nature. She would always greet people in a friendly manner and was a great person to chat with. Jackie also had strong relationship with her family and would often speak highly of her grandchildren.



Articles of Interest

Mentoring

I love being a mentor. It feels good to help and it feels good to be a part of our team. Mentoring has helped me find things out about people in difficult situations. A mentor is a role model. I am aware that other clients are watching me. I want to put forth a positive example. Do I still get angry or have outbursts? Yes, occasionally. But I certainly have improved, and being a mentor has helped. Mentoring has also helped me in learning about myself and has introduced me to many people at CHIRS. Being a mentor has taught me how much you learn by listening to other people, and how much you can accomplish by working as a team. I remember a time when I helped run the Hallowe'en dance. We ran it with members from BIST and I really felt like I was a leader and not just following. The team that I was part of made real decisions about how the event was going to run. We decided what music was going to play, the decorations, how we were going to advertise and what food we would serve. We even booked the band! At the end of the day mentoring makes me feel good. I feel like I am helping and I feel like I am accomplishing something with my life.

Sandra S.



Keep Up the Good Work!

Mike V. has been a mentor in the CHIRS Self Defense Program for over a year now. He participates in the first Self Defense class and mentors for the second class. By committing to both classes, Mike has quickly gained an understanding of the material. Mike leads the warm up exercises with the second group and then assists the teacher (Sensei Rob) to demonstrate the techniques. He is a valued member of the group and it has been a pleasure to watch him develop both his self defense as well as his leadership skills in his position. With his sense of humour and his receptiveness to feedback, Mike displays many of the traits that are synonymous with a representative of the mentor program. It is my pleasure to recognize Mike for all the effort he has put forth in this program. Keep up the good work.

Sensei Rob Stewart

Martial Arts Instructor of the CHIRS Self Defense Program



Sensei Rob, Mike V. and Munir

The Best Hallowe'en Dance Yet!

I would like to say a big thanks to everyone who helped us make this year's dance a very successful event. The 2012 Halloween dance was very special for me because I was a team leader with Kim. Together we worked with the mentors and staff to plan, decorate, prepare, serve, and clean up. Everyone was asking me what to do next, and WOW! that felt amazing! The costumes were overwhelming this year. Couples came dressed for this very special event:: evil, cute, nice, witches and warlocks! We couldn't tell who was under their masks. It must have been very hard for the judges to choose the best costume. There were so many great costumes! A large thanks to the members of BIST who helped make this a great event!

Lorraine M.



Articles of Interest

Kim's Dream

Ever since joining Queen's Quay Disabled Sailing, Kim had one wish: to sail again around the Toronto Islands -out through the Eastern Gap across the back of Centre Island and down to Ontario Place and then back past Hanlan's Point into the Toronto Inner Harbour through the Western Gap.

Sailors do it all the time and it's no big deal. But for Kim it really is. Besides being in a wheelchair and having limited use of her extremities, she has a tendency to suffer from seizures and also becomes easily overheated, again leading to seizure-like symptoms. Immediate action is required should this happen. The last incident was 2005 and was promptly dealt with through our staff in the coach boat, which is always ready when our sailors are out in the Inner Harbour- the area designated for all our sailors. It was then deemed too much of a risk to allow Kim to take part in one of our four annual 'Around the Island Sails', where we sail in company, all six Martin 16, three Liberty Dinghies, our Edel 22 and our Sonar 23 plus the coach boat- a small RIB with a 25 hp outboard engine for quick response. Ever since then Kim has continued to lobby for permission to once again take part "one more time."

Without going into the meeting notes we were able to hammer out a deal, which would allow Kim to have one more 'Around the Islands Sail'. Dr. David S. who is an avid sailor and also happens to be Kim's GP volunteered to be Kim's companion for the trip and sail with her in a Martin 16. A few of us made up the crew for the second boat riding 'shot gun', and we took the opportunity to put our new Sonar sailboat through the paces. Since the boat does have an auxiliary engine, we were good to go. We had good winds throughout the sail and Kim had the time of her life, pacing us at a good clip in her boat, with David lounging in the back, while she was sailing. Freedom! It's only possible to describe when experienced, and much more so when a disability makes things difficult. But not on the water; here you are master and the waves carry you effortless and free of any encumbrance. All of our sailors call it 'therapy', and we believe it truly is!

The Queens Quay Disabled Sailing Program is always looking for volunteers. If you enjoy sailing, they are always in need of sailing companions throughout the summer. Or perhaps you enjoy volunteering a few hours from home doing some administrative tasks.

*Endrick H. Kruter
Queens Quay Disabled Sailing Program*



Kim completing her sail around the islands

Adventures in Condo Living

My name is Mark, and on October 1st 2012, I moved into my very own condo for the first time in my life! For most of my life I lived with my mom to help her out, but there comes a time in every man's life when you have to do your own thing! I started my search with the help of my brother, who took me to look at some places to see which one I would like the best. We looked at four places, and I ended up choosing the one I now live in because it is close to my mom, as well as all the things that would make me comfortable, as well as affordable. It was great because it was even already furnished. It has a pool, a sauna, hot tub, and pool tables. It even has a guest room that I can book if I have friends who want to visit overnight. It's like living on a resort! I even have a person to come and clean my place once a week. The one thing that is missing is my own chef, but that's ok, because I really like to cook, and it is great having my own kitchen. Being on my own for the first time has been an overwhelming experience, and sometimes I don't sleep well, but it is getting better, and will just take some time to get used to. But overall it has been a positive experience and I really like having my own place. I recommend it to everyone!

Mark C.

CHIRS ANNUAL



HOLIDAY PARTY, LUAU STYLE!



Articles and Happenings!

CHIRS First Annual Basketball Day- This was a great success and we look forward to trying it again this year in 2013! Everyone welcome!



Freelance

Over the years of being a client at CHIRS one of my favourite groups has been the Brainy Bugler Newsletter writing group. On Tuesdays in the morning, the many clients over the years who joined, sat in the program space in the basement and were given a presentation on various topics to stimulate our minds and produce articles, poems, etc. As we wrote our wondrous works we all had a computer to use and type our pieces, and then save in our individual folders.

The Brainy Bugler is the CHIRS newsletter that goes out 3-4 times a year and when they are ready, they are mailed to all over this great big land and viewed by many readers! What we have to say to our many readers amounts to this: we all have brain injuries but we also have things worth saying and you will be stunned by our intelligence! We have much for you to learn about and it is all for your betterment. What I have to say now is sad and yet exciting. The sad part is as of Fall 2012 the original group is breaking up and the exciting part is now we have gone freelance! Freelance means we all write articles on our own time and a sense of freedom is felt. When I think of freelance, I think of some of the columnists that I have read and found very interesting to read throughout the years. Three of them are Paul Rinstead, Christy Blackford, and Rachel Sa, who by the way came to CHIRS to visit once!

Now that I am a freelance journalist, I still think back to my past, but I must move on. Look out! Here I come!

Robert A.

Mentor of the Month

STEVE

OCTOBER

Mentor Duties

Bowling League President and Secretary
Cards'R'Us Team Leader



HAMID

NOVEMBER

Mentor Duties

Tuesday AM Lunch Prep Leader
Facilitator and creator of the Club Orientation Board
Special Event Volunteer



LISA

DECEMBER

Mentor Duties

Tuesday PM Club Coverage
Pantry Area Coordinator
Special Event Volunteer and Team Leader



JANETA

JANUARY

Mentor Duties

Wednesday PM Club Coverage
Special Event Volunteer

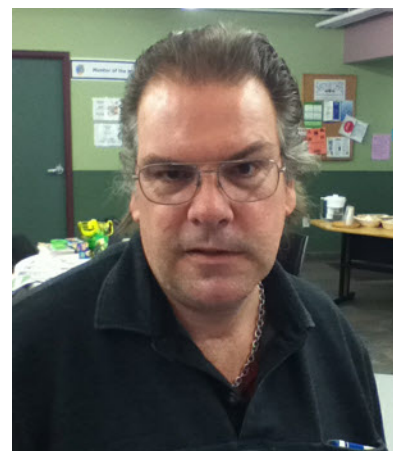


GARY

FEBRUARY

Mentor Duties

West Park Music Liaison
Voices and Vibes Mentor
Quiz Master



Articles of Interest

Reuben's Restaurant

Hi, I am Reuben and I am the mentor of the Monday and Friday Cooking groups. I have been a mentor of these programs for quite a few years now, and enjoy helping the staff set up, help to prepare the food, and of course eating it! In my new column, I will be sharing some of the groups favourite dishes, and good eating habits. A few of my favourites:

All time Favourite Dish- Beef Stroganoff

Favourite Restaurant- Mandarin

Favourite Dessert- Nanaimo Bars

Below is my favourite recipe from January:

Southern Peach Cobbler

Prep Time: 10 Minutes **Cook Time:** 45 Minutes

Ready In: 1 Hour **Servings:** 8

1/2 cup butter, 1 cup white sugar, 3/4 cup self-rising flour, 3/4 cup milk, 1 (29 ounce) can sliced peaches in light syrup

Directions:

1. Preheat oven to 350°F (175 °C). Place butter in a deep 2 quart baking dish and place in oven to melt.
2. In a medium bowl, mix sugar and flour. Stir in milk, a little at a time, until wholly incorporated. Pour carefully over melted butter in dish. Spoon peaches and syrup over batter.
3. Bake in preheated oven 35 to 45 minutes, until crust is puffed and golden.

Reuben S.



Payment

I watched as a lady, intently maneuvering her wheelchair, managed to weave past a group of children who had mischievously strayed from their parents. "Is this where the line begins?" I ask that same lady who directed me behind her. I then took my place, and awaited reaching the cashier. I now watched that same lady steady her violently trembling left hand by clutching it with her right hand. The cashier was then looking away. Once totaling the lady's bill he concealed her change in his palm. While still looking away, he then dropped his palm's contents and heard coins crashing to the floor.

Zia L.

Celebrate Good Times, Come On!

A question was asked "Why did this happen to my best friend?" On a bigger scale I ask, why did this happen to a member of our family (the CHIRS family)? The answer to that is not an easy one but still it happened and we all handle it in our individual ways.

On Wednesday January 30, 2013 the CHIRY Balladeers held a memorial service in the basement at CHIRS head office to celebrate the life of Joseph S., a long standing member of CHIRS who passed away from cancer.

The CHIRY Balladeers began by singing songs that were from before my time, that talked about good times, dreams, hopes and aspirations. I loved to sing those songs because of the words and how they made me feel. At that point people were asked to speak. My memories of Joseph were that when he began to ask you a question, you would reply; 'Just one question Joseph', but deep down you knew that was not going to be the case. I have a theory and that is the questions he would ask revealed to you his life. For example 'Do you like working with wood?' Because he certainly did. 'Do you like swimming?' Joseph was a very good swimmer in years past. 'Do you have any nieces and nephews?' Joseph was a proud Uncle! This memorial was very well attended with staff and clients from CHIRS, both past and present. One of the things we all did at one point was to pump our hands in the air three times and with each pump we would say "Woo Hoo!" the way that Joseph would often do when he was happy, and that is what he would want us to be.

Rob A.

Articles and Happenings

My Holiday in New York

We left for New York city December 22. When we got there, we stayed at the Renaissance New York Times Square Hotel. We took the Staten Island Ferry to see the Statue of Liberty. After that we took the subway to Central Park and took a stroll down Fifth Avenue in Manhattan. We stopped for a while to take some pictures and admire the beautiful Christmas decorations around the stores and streets. There were so many people! The next stop was Rockefeller Center to see the really big and beautiful Christmas Tree. In the evening we had dinner at an Italian Restaurant called Tony's on Broadway. The Sangria drink was so good! So was the food!

On Christmas day we went to St. Patrick Cathedral Church and then spent the rest of the day with my family in Yonkers New York. We came back to Toronto on December 27th. We had a great time! That was my Christmas in New York City.

Janeta P.



“Yippee! No more smoking!!”

Since I quit smoking I feel fantastic, my food tastes better and I'm saving money. Lots and lots of money! All the money I'm saving by not smoking I spend on my good friend, Tanja. I love taking her out for dinner.

Tim W.



THE BACK PAGE

Ugandan Folk Story

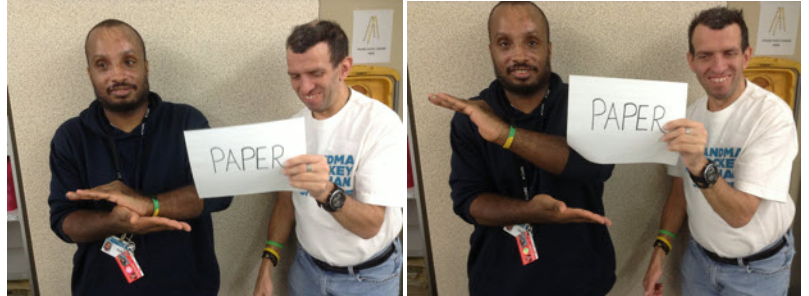
Oral histories were a way the people would share stories before the invention of writing. Here is a Ugandan folk story that was told to me:

There once was a very rich king. He had four wives. He loved the fourth wife the most. He bought her many lovely dresses since she was the youngest. The third wife, he also loved her very much. She was very beautiful and ladylike so he paraded her everywhere, showing her off as his wife, because she was so beautiful and ladylike. The second wife, he loved. She was his confidante. He told her all his deepest and darkest secrets. This was how he showed his love for her. The first wife with whom he was with the longest, he ignored. He never paid her any attention and didn't even know what she looked like. Now, this king fell ill and was near death. No one wants to die alone, so he asked his beloved fourth wife to die with him. She refused, saying "I am too young to die, I shall move on." He asked the third wife to die with him. She also denied him saying, "I have already made plans for after your death. I shall marry again." So he asked the second wife, his confidante. She said "I will go to your grave, but no further, I have children to care for and cannot leave them orphaned." So, the King wept, since he would die alone. Just then, he heard an unfamiliar voice say, "I shall die with you." He said, "Who are you kind woman?" She replied, "I have always loved you and will die with you." So they died together. The moral is: The king is every human being. The fourth wife is the body, first to leave when you die. The third wife is wealth, fame and fortune, who will go to someone else when you die. The second wife is your friends and family. They will accompany you to the grave, but will not die with you. The first wife is your soul. It will be with you, you will ignore it, but it will follow you after death. Pass this on.

Evi K.

Sign Language Corner

Sign 1- PAPER



Place one palm on top face down and the other palm face up and touch them together. Then sweep the top hand in an upward motion

Sign 2- TOMORROW



Put your thumb to the side of your cheek near your chin and move it forward across the cheek

Being Happy
Doesn't Mean
Everything's perfect
It means
You decide
To see beyond
The imperfections!

Sandra S.