

THE BRAINY BUGLER

Volume 17 Issue 3

Summer 2012

Another Busy Summer of



Fun!



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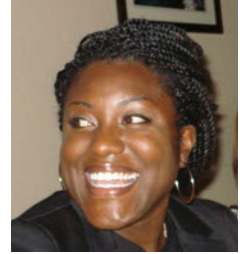


3rd Annual Mentor Appreciation Celebration

Staff Milestones

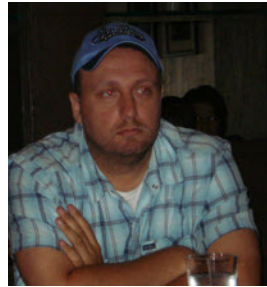
5 Years

Emmanuel Oludare Awosunnun
Sean Hollingsworth
Katisha Matthews
Katherine Bawden-Cook
Mike Milligan
Tanya Thompson



10 Years

Susan Cornacchia
Clare Brandys
Carlene Duncan
Aprile Bukhari
Dawn Smith
Tony Aidoo
Greg Vayenas
Michael Jarvis
Victoria Anthony



15 Years

Marnie Russell



20 Years

Galyn Baptist
Marjie Brown



Congratulations to all our
staff who celebrated a
milestone this year!
Keep up the great work!

CHIRS AT BIST RUN



*CHIRS staff and clients participated in the second annual BIST run
BIST is the Brain Injury Society of Toronto.*

Another chance to give back

Throughout the years of being a brain injury survivor, I have experienced much and had the chance to give much because of the many brain injury groups I belong to. I want to tell you about my most recent opportunity: the Annual BIST 5km Walk, Run and Roll held in Sunnybrook park on September 22nd . I came with my friends Mike (aka Pinky) and Sarah his wife, all BIST members ourselves. The park had many people crowded at the registration table handing in pledge forms and receiving numbers that they pinned to their chest area plus gift bags. Before the race began we saw a lot of people we knew and had a chance to talk to them, no problem as we all love to talk!

Before the runners, walkers and rollers started we had found our spot as we were Course Marshals. As we anticipated them passing us we were amped to the max, shouting words of encouragement, jumping up and down, cheering to which we received smiles, laughter and words of gratitude.

For me personally, to see the team from CHIRS (Community Head Injury Resource Services) a brain injury group I belong to and spend many of my days at, was a highlight. When I saw the determination on their faces as they approached the finish line, I was able to cheer them on, give high fives and thumbs up to inspire and motivate them to realize that they can accomplish much more than they think they can. The honor is mine and to you all I say a big thank thank you!!

Rob A.

My Stay at Geneva Park 2012

Day 1: After a nice bus ride to Geneva Park, we had a delicious dinner. I thanked the chef for this meal and for all the good meals they give everyone. Then we went into the activity room where we planned how our week was going to be.

Day 2: I went out after breakfast for a nature walk down by the water to take some pictures.

Day 3: Today drizzly and cloudy, but a bunch of us went and played bocce ball before lunch. Then I went for a walk down by the lake and breathed in the fresh air and enjoyed the beauty of the trees. After lunch some of us went canoeing. In the evening, we had a campfire sing-a-long.

Day 4: On this day, I made a speech on all the hospitality the caretaker and cook offered us and all the fun it was to be up here at the March of Dimes camp. Then a bunch of us went to the gym and played different games and then after lunch we played volleyball.

This is the Speech I gave:

“ Hello my name is David McAdam and I would like to make a short speech to show how much I like the hospitality you staff show us whenever we come up to Geneva Park. And to give thanks to all the good cooks up here. It would be an honor to show my appreciation by giving a round of applause to the staff”

Day 5: After we finished eating our lunch we went fishing and canoeing again. Later in the evening, we came back to camp and had a discussion about how the week went.

Day 6: Unfortunately this was the last day up here in the wilderness but I am just praying that I will be able to come back next year to all the good things that the Spring Geneva Camp gave to me.

David M.

My Kingston Trip

I always try to find new things to do when I visit my mom in Kingston every summer. I stayed at my son Gregory's cottage that he rented for the first three days of my trip and then I stayed at my mom's for the rest. While at the cottage, my mom and sister Sherry visited for one day and one night. We went fishing. Gregory and Mom caught fish but I didn't. Another fun thing we did on the trip was visit Fort Henry Fort Museum. It was very interesting. Then, we went for lunch at Wolfe Island which was a nice place. After lunch we went on the Sir John MacDonald walking tour and that was amazing! The last thing we did was go to see a movie called TED. It was very funny! I would rate it 8 out of 10 because throughout the movie they used a lot bad words, but it was still funny anyway! It was a great trip over all and I can't wait to go again next summer!

Lorraine M.



Fort Henry, Kingston Ontario

Summer Happenings!

Namaste

A few CHIRS clients had the opportunity to be involved in a yoga workshop. It was setup by Crystal W. who has a friend named Lauren, who led the workshop. For three Mondays in June we gathered downstairs in the basement with our yoga mats, water bottles and towels. We were taught various yoga exercises that involved us deep breathing which helps the body to relax and stretch further upon the exhaling breath. There were always ways to improvise the exercises if any of the movements presented a problem.

Namaste is what we say after the class which says to me “go in peace and harmony and take the feeling that you have with you”. Thank you Lauren for showing us and helping us.
Namaste, *Rob A.*



The Summer 2012 Gardening group and some of their hard work to the right.
(pictured from left to right- Maria, Scott, Ian, Lorraine, Frank, Andrey)



*Narine's Ten year Celebration
for Volunteering at CHIRS*

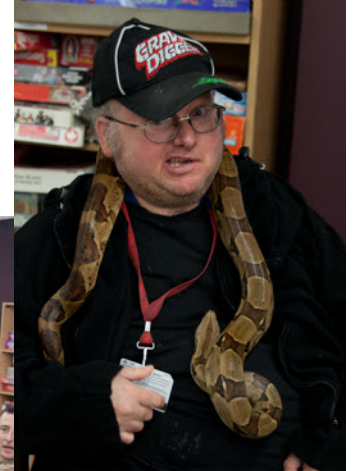


*Julian and Dave getting ready to see the
legendary band KISS!*

More Summer Happenings!

Zoo to You!

A successful special event where exotic animals came to visit us. We hope to do it again next year!



What a Busy Summer!

Headwaters ABI Group Picnic



*We were invited to the HABI picnic.
The Fearsome Foursome guys spoke to the crowd, and some people sang.*

Annual Staff vs Client Baseball Game

Rec Island



*Annual Baseball Tournament
Staff vs. Clients.... And once again
the Clients came out victorious!!*

Another fun year at Rec Island!



Mentor of the Month

July

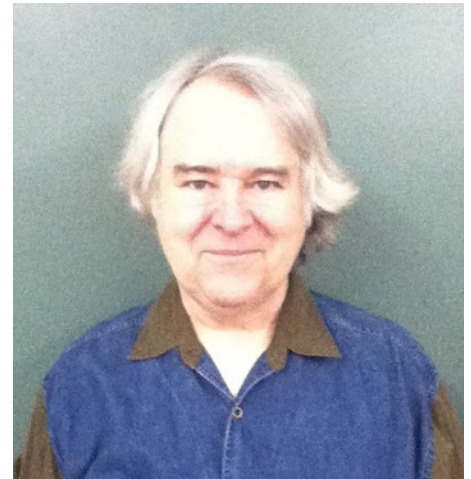
Don M.

Mentor Duties

Wednesday PM club coverage, Tai Chi Sensei, Fish Tank Manager

What People Say...

- “He is so calm and always has a smile on his face.”
- “He is always so patient when he teaches us Tai Chi.”
- “Everything I now about fish and fish tanks I have learned from Don!”
- “He is so calm and supportive, he must be an amazing dad.”
- “Don gives great direction and leads by example.”
- “It was amazing how quick he picked things up on the guitar.”
- “He is a hard worker and the club is a better place because he is here.”



August

Jason G.

Mentor Duties

Thursday PM club coverage, Foosball Commissioner

What People Say...

- “He has come such a long way. He used to get angry a lot but now he almost never does.”
- “He really works hard and is so proud of being a mentor.”
- “Jason has such a big heart. At first I didn’t know, but now that I have gotten to know him I see that he really cares about people.”
- “He is a really good hockey player.”



September

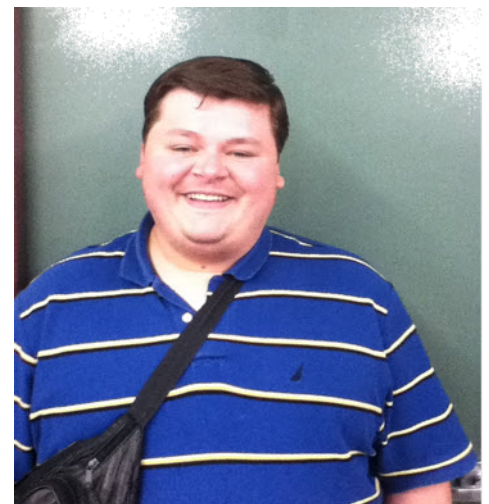
John S.

Mentor Duties

Friday club coverage

What People Say...

- “He is a nice guy who always has a smile on his face and likes to help others when needed.”
- “A very helpful person who is also very pleasant with a lot of knowledge.”
- “He is a very polite and approachable person.”
- “He loves to cook and does a great job at it.”
- “He treats everyone with the same gentle approach.”
- “John is a true friend and true friends are keepers; with John you can not be afraid to be yourself. It is the best thing a friend can be!”



Articles of Interest

Do they Really Exist?

When my mother was dying of cancer, she was suffering particularly badly one night. Princess Margaret Hospital temporarily had no bed for her. So she stayed in her own home. My father and I stood in her bedroom, unable to comfort her. The chemotherapy treatments had stripped every strand of hair from her scalp. Her eyebrows and long dark lashes had also fallen out due to the cancer treatments. Her beautiful, serene, brown puppy dog eyes had turned into stark black pleas for mercy. She trembled and shuddered in pain. There was nothing we could do for her. My mother had already had the maximum dosages of morphine for the day. So we had to helplessly watch her suffer. As she watched us watching her, it was brutal. Rivulets of sweat trickled from her bald scalp, and beads of sweat clung to her forehead. Her eyes pleaded and my heart racing with adrenaline. I struggled to stay calm. She noticed me in the room, she knew she was leaving me and could not bear the thought. My mom averted her eyes, avoiding my face. Just as well. What could I offer her? Then, it happened...

Abruptly, her anguish, her trembling and shuddering stopped; just like that, for the first time in months, she smiled. Not just any smile, it was beaming and beatific. Then, she spoke. 'Who's that?' I followed her eyes which focused on a corner of the room. Of course there was nobody there. We were the only three in the bedroom. "Where Mom? There is no one there." I said. She smiled knowingly and gently nodded towards the corner. "Yes" she whispered. "Mom, who are you saying yes to?" She replied "The Angel." I looked at Dad and he looked at me. There was a subtle change in the light in the room. It was brighter, but not in the least harsher. Long after my mom died, I asked Dad if he remembered that night. Of course he did. When I asked him what he thought she saw, he said "Look, that night, your mother was more on the other side than here. The medicine didn't take her pain away. Something else did. She saw and spoke to an Angel."

Richard P.

My Experience with Gallstones

Let me start off by saying that this topic is personal because in actual fact, I have gallstones and there have been times when I have been in agony! For instance, this past summer, I decided to go to the Exhibition, which was fun, but I made a couple of bad food decisions and it cost me in a way that I do not want to explain! You see, when you have gallstones, you really have to pay attention to your diet, otherwise, one day, your stomach will not be happy at all.

There were a couple of other times when I let my stomach make the decision of what I ate. The first happened at sleep-over camp. We were on a trip where we slept in tents and our dessert that night happened to be a no-bake cheesecake. Unfortunately, I did not pay attention to how much my stomach could actually handle, so I had two pieces. That was too much, and I got really sick that night.

I have learned to limit my intake of fatty foods, but being human, I tend to get cravings for that kind of food, so what do I do? I really try my hardest to not think about it. If that does not work, I try to get the healthiest option!

Michelle G.

YARD SALE FUN!



Finch Residence's first Yard Sale was a great success!

Articles of Interest

Showering!

Most of us shower and this is a good thing for the environment. Environment Canada states that a quick shower uses less hot water than a bath in a full tub. But did you ever wonder about the history of the shower? It is speculated that the modern shower's origins lie within waterfalls.

The Ancient Greeks also had a sort of shower. Servants would pour buckets of cold water on the bather as they scrubbed themselves clean. Ugh, it being cold water this is one time I would rather be the servant than the master!

During the Dark Ages of Europe and among early Christians, bathing was associated with vanity and therefore declared unholy. Thank God I didn't live in those times!

The first and most elaborate shower apparatus was the English Regency Shower, created in 1810. It stood twelve feet tall, with a round basin at the bottom for the bather to stand in and a tank at the top to hold the water.

The 1800's finally led to the development of indoor plumbing, and heated tap water followed closely behind. In 1889, J.L. Mott Iron Works invented a new showering apparatus. Exposed pipes sprayed jets of water at the bather from every angle in a similar way to the modern power shower. Showering is now easy because of the great inventions that have occurred through history.

Shadi H. and Igal G.



Our Aging Planet

Our planet is very old. Just look at the tsunamis that have rocked our world over the last few years. All the naysayers' predictions are coming true. Japan and Indonesia have recently felt the unimaginable force of these ocean earthquakes. Otherwise-benign volcanoes have suddenly erupted causing mass chaos and layers of ash that have settled over entire countries. Nothing seems safe anymore. Who knows what Canada will have to endure someday? It is only a matter of time before northern Canada's polar bears become extinct. It is not inconceivable that someday our cold water and salt water fish will be gone. This is the cold, hard truth. It is almost too late to fix the unimaginable damage man has inflicted on one small planet in the universe.

Jill H.

You Don't Remember. I Can't Forget

Below is an excerpt from my book entitled, 'You Don't Remember. I Can't Forget'.

Is our birth and growth into adulthood an experience or experiment? I was born sick, but nobody suspected a thing until an accident that crippled me, saved my life. What an oxymoron! I was given a second chance at life, but why were people trying to crush my spirit, my essence?

The effects of emotional negligence, issues of abandonment, betrayal, isolation and rejection led to feelings of low self esteem, which resulted in drug and alcohol abuse; the desolation of the human spirit. I am a survivor and have overcome that chapter in my life. Adversity is my middle name.

I strongly believe that the hardships (experiences) that we face in life are a testament (experiment), to our future. If we choose not to accept our suffering (pain and suffering is inevitable, misery is optional) we will never know bliss. Such is the root of hostility.

Today, in the millennium, the words abuse and dysfunction are spoken too flippantly. We live in an age, which flatters itself that it can find a remedy to almost every problem it creates. Why is there so much neglect and negative aggression? Is the justification for this behaviour a result of indifference?

Anna C.

Articles of Interest

Compromising Beliefs

I cannot change the way that life has chosen for direction. I cannot change the situation that presents itself each day. I can change how I understand what is needed to accept situations, while still remaining true to my values. The best way which I have found to remove any blockades that begin the day, is to: First- get a good quality nights' rest, then each morning before issues arise, deliberately clear the mind, realize what the day will communicate, and proceed undivided.

I keep a notepad by my bed that contains a schedule of what I need to get done each day along with some current strategies, this I look at to refresh my mind and remain progressive. If there is nothing to be done of importance, there is always a flash of news reports to read and find out more on what is being discussed around the world (or locally). Everyone has issues, sometimes when separate storms are witnessed, it may make personal problems easier to predict and solutions closer to reach.

Seemingly, it is like our bodies have lost cohesiveness with reality. As one feels movement naturally in space and time, now the bond has broken, the circulation is stagnant, and the relative motion with which the world generates a productive effort in order to keep sustainability moving at a forward pace, has waned. And everything, everything from the point of intrusion into a pre-packaged livelihood on, is about formulating a method to sync your existence into an age of discovery.

If you fall, get back up. Mistakes will outline growth and provide a good place to focus, I feel so privileged to be able to test boundaries without harsh consequence. Trust in yourself; recognize your feelings, as no one else can ever help you believe.

Sharon S.- is a visiting writer from BIST and PHDABIS



Brian's Critique Corner

Hello everyone, summer is here and everyone is lining up to catch the big blockbuster movies, why not skip the lines and watch the small guys for a change? I had the opportunity to see three good movies "Cabin In The Woods," "Dark Shadows" and "Men In Black." I would give them a rating of 8 out of 10 stars.

If you are into a story you could follow and know what will happen before it does "Cabin in the Woods" is for you. This thriller about five kids who spend their spring break at this cabin then have to fight to stay alive is a must see for you people that love to get a good spook while at the movies. The movie stars are Kristen Connolly, Chris Hemsworth and Anna Hutchison. "Dark Shadows" is a story about a rich family who owns a fishing company and their mysterious family relative comes back from the dead to help them gain back their power, status and riches in the town they live in. This film stars Johnny Depp at his finest and Michelle Pfeifer who has aged very well alongside Eva Green and Bella Heathcote.

Last but not least "Men In Black 3" starring Will Smith and Tommy Lee Jones had aliens living as humans on planet earth and a mushy ending. Need I say more. It was great in 3D and the actions and gadgets in the film were great. Until next time...

Brian H.

THE BACK PAGE

The Dormition of the Virgin Mary

In this room,
They come and talk
About
Whether I will,
Or
Will not walk.

Our Lady passed long ago today.
But, how long here am I to stay?

"Behold, woman, your son.
Behold, John, your mother."

Said He,
Or something or other,
Than to the purpose,
Until it was the time
Of His dormition.
He, as a human,
As I am,
Was in no position
To bring into fruition
What was and will be to pass.

I daren't even ask

'Cos

In this room
They come and talk
About
Whether I will,
Or
Will not walk.

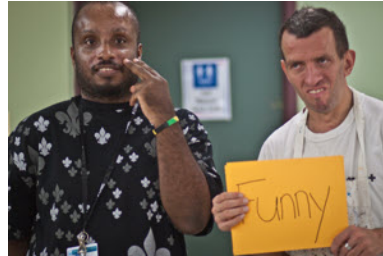
Some say I am sullen
And stubborn to the core.
Others still,
Say that I no more
Will walk as
Once I did before,
They often offer me a bib,
Not sure if
I can eat meals upon a tray,
They bring to my room every day.

This room,
In which
They come and talk
About
Whether I will
Or
Will not walk.

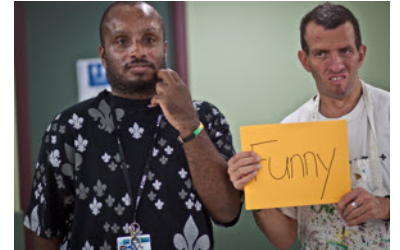
Evi K.

Sign Language Corner

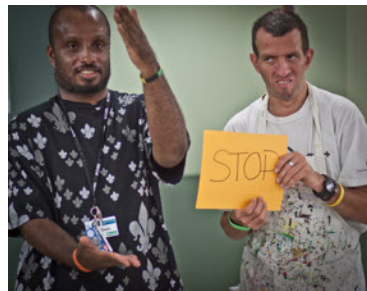
Sign 1- FUNNY



*Move your
index and
middle finger
together
along the side
of your cheek*



Sign 2- STOP



*Lift one hand up
on its side, and
the other hand
hold your palm
flat, facing up.
Bring the top
hand down to
the other.*



Sign 3- LUNCH



*Make a letter 'L'
with your index
finger and
thumb. Hold
your thumb to
your chin*

CHIRS HOLIDAY LUAU

Saturday December 1

6:30-9pm

Northwoods Community Centre

15 Clubhouse Ct M3L 2L7 (Keele and Sheppard)

Read the attached flyer for details!

