

THE BRAINY BUGLER

Volume 18 Issue 2

Fall 2017

Doors Open Toronto!



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CHIRS had the pleasure of participating in Doors Open Toronto for the second time. Once again it was a great success, and we could not have done it without our Mentors, Volunteers, Board Members, and awesome staff! Visitors were enthusiastic about the client panel discussion, the video 'tour' and the homemade cinnamon buns.

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Simon Says- a new blog !

This June 1st 2017 will mark my first year volunteering at Toronto Western Hospital. It has been a fantastic experience so far. I recently returned to the Club after taking a break for 6 months. Since coming back I've been talking to staff at CHIRS and letting them know I am eager to be of help in the club as a Mentor. I really enjoy helping others and am always looking for an opportunity to be of assistance. I always learn new things when I help others and find it enhances my communication skills.

Recently I had the good fortune of connecting with Rowen in the Club. I showed Rowen a portfolio of my past accomplishments, certificates and diplomas that I had put together. Rowen was very encouraging and she had a great idea – she said with my skills and interests I might enjoy writing regularly for the BBN and doing some reporting. I was happy that someone took notice and I thought this will be really fun! With Rowen's assistance I started a new piece for the BBN that will be called 'Simon's Blog'

I started my blog by meeting with clients in the Club and asking them how they like coming to CHIRS and what their programs are like. It's been very interesting talking to clients about their experiences and I'm enjoying being a reporter so far! I am eagerly looking forward to doing more!

Simon A

SIMON SAYS

What is your favourite program at CHIRS? Do you have fun and why?

Hamid N. Wow! That's a difficult question. My favourite program is Voices & Vibes. I like learning about different musicians and artists. I also enjoy working with the staff/students to create presentations.

Michelle G. My favourite program is Music with Wayne. I enjoy singing and having a great time!

Geoff E. I like Bowling and Euchre. I enjoy the groups of people I play with. We've been playing for 7 years. I love getting out of the house.

Allan V. My favourite program at CHIRS is Cooking. I also get to exercise here. I like staying in shape.

Andre W. My favourite program is Cooking. I enjoy the program for the social aspect as well as working with my hands. And I used to work in a kitchen!

Kareem T. My favourite program is Sports Night. I enjoy the program because of the people I get to play with--and against.

What do you do to keep a healthy mind as well as staying positive?

Jan. L Thinking about my dog keeps me positive! I've had him for 17 years! Playing cards keeps my mind healthy as well as telling bad jokes...

Mike V. Not worrying about the little things keeps me positive. "Tomorrow is another day" is a phrase I like to remind myself of. I like to read and do puzzles to keep a healthy mind.

Gino C. I always try to look at the bright side and never get up with a frown. Powerful thinking by staying positive keeps my mind healthy.

Diallo B. Listening to music, staying active and joining groups keeps me positive. Staying busy is very important. Going to the gym keeps me healthy because a healthy mind and a healthy body go hand in hand.

Summer in the City!

CITY WALKS



Every Monday a group went to a different location in the city to explore. They went from East to West, North to South, and all around the world, just in the heart of Toronto!

BUSKERFEST! 2017



NEW INITIATIVES

At CHIRS, we are always trying something new...

WORK, REST, PLAY



A group of clients spend the day together, first volunteering at the food bank, and then enjoying a well-deserved rest and meal. True team work!



THE SUPPER CLUB

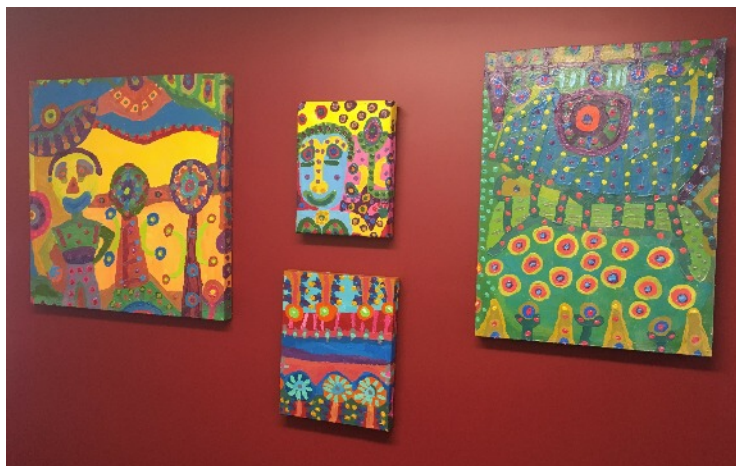
The Supper Club was launched in June 2017. This quarterly event is open to all clients and their families. A group of Mentors create and serve a delicious 3 course meal for a modest fee. The Supper Club is an opportunity for Mentors to demonstrate the culinary skills developed in the cooking programs, and for the CHIRS community to enjoy a relaxed dinner together. The first theme was a "Taste of India". Please join us! The next one is scheduled for November 26th. Call Sean at 416-240-8000, ext 268 for more information.



ARTICLES OF INTEREST



Many of you have seen Gilles' artwork in the Club and in the CHIRS Boardroom. Gilles has had his paintings (along with some other artists with disabilities) accepted to permanently decorate the walls of the new ODSP office at 340 Dufferin St. Congratulations Gilles!



Our Finch gardens are maintained by a group of Mentors. But when the task was getting overwhelming, a group of staff got together to help with the garden clean up. The rain held off, the sun came out and we were able to weed the front and side gardens. We also planted some flowers to help showcase our Lovebot.



BIST Run

Many CHIRS members (clients, families and staff, and Board members) are also members of BIST and we have a number of joint events. Every September, the Brain Injury Society of Toronto holds a 5Km Walk/Run/Roll fundraiser. Participants are encouraged to dress up as superheroes, which makes for a great spectacle, and there are lots of fun activities for the whole family. This year, a record number of CHIRS members participated, showing great community spirit by raising money for a great cause.



CHIRS ANNUAL PICNIC 2017... In Pictures



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CHIRS ANNUAL PICNIC 2017... in Pictures



The Mentor Page



Making Edible Arrangements



**Helping out at
Doors Open**



The Pickling Posse!



**Catering the Toastmasters
Lunch and Learn**



**Gathering veggies from
our garden**

What's up at Aldebrain?



New CHIRS Hoodies



Tea Party!



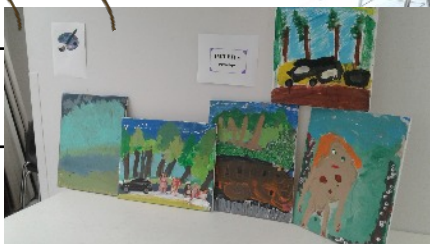
Summer Picnic



Thank you for our new vehicle!



Aldebrain Artist Show



OUT AND ABOUT



St. Georges staff participating in one of our Health and Wellness Challenges

Finch Residence out for a walk



New Vehicle for Head Office



Helping at the Food Bank



TOASTMASTERS



This summer has been a period of exciting growth for the CHIRS Toastmasters Club. We said thank you to our outgoing President, Shayna as she handed over the office to our new President Rob. And we took the show on the road! We went to March of Dimes to teach one of their groups of ABI survivors about Toastmasters. It was so successful that we have been invited to do the same with another of their groups in future.

On the flip side, we went to some existing Toastmasters groups to teach them about ABI, and made it a Lunch and Learn. Two of our client members delivered speeches about their experiences, and a team of Mentors catered the lunch. Every time we get a chance to meet other Toastmasters, they remark on how positive and energizing our club is. Creating the Lunch and Learn gave us an opportunity to spread the message of hope and positivity a little further.



Pete B. delivering his winning speech at the area contest hosted by CHIRS.



THE BACK PAGE

There's a name that many carry
It's a name that I must bear
When one becomes a parent
It's a name they gladly share
When a child becomes their own
A voice that is unique
They don't already need their parent or someone
else to speak
But if you are like me
Not living among your own
You may have to speak for others
Because they can't or won't use the voice
of their own
Shayna B



I listen to night sounds
To hear a cricket or two.
I just hear the trains.

Maybe the weather,
Or maybe something like that;
Maybe it's just me.
Something's affecting feelings,
Something, I just can't name it.
Just what could it be?
Weather can't be the reason
Why I get this way.
It must be something changing,
A change within myself

That stops me
From hearing
Crickets at night time.
Evi

FOR SALE

We've been doing a clean-up at Head Office and came across some items that clients had made in the past as part of a woodworking group. As the intention behind the creation of the items was to sell them, we would like to see that these last few items find a home.

If you are interested in purchasing please contact
Cathy at x.261 or Maria at x.288

All proceeds will go back to CHIRS clients through the
Client Health and Wellshare Program



Mailbox	\$10
Tablet/Recipe Book Holder	\$4
Memo Holder	\$3
To Do List Board	\$3
Memo Board	\$2



SAVE THE DATE
CHIRS ANNUAL HOLIDAY PARTY
Wednesday December 6th, 2017
Cummer United Church
6:30-9pm