



HEADSTRONG

Hamilton Brain Injury Association
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@TheHBIA

CASS' CORNER

Heart is Home



I sit here, before the computer screen, and I pore over the options. What shall I write about, today?

"Well, look at that . . . you have completed the list of possible topics, that you wrote up, with Adria, some months back!"

I do not know how this will come out, or even if my idea will necessarily function as well as I would like it to. It is 'the last on the list,' however. Let's see what I can figure out.

It would be safe, I imagine, to say that it was several months back, that I made the proposal, or the suggestion.

My observation, in the clubhouse, was that the Hamilton Brain Injury Association's clubhouse or headquarters serve as a metaphorical heart, for our group's members.

We meet, several times, each week and, wow, we enjoy one another's company, as well as contributions from any and all of our group's participants.

In the clubhouse meetings, at 822 Main Street East in Hamilton, we secure energy, let's, in this instance, call it motivation.

We have suggestions made to us, in group, activities or recommendations to participate in certain pursuits. Perhaps individuals within HBIA will take part in bicycle helmet safety activities at local elementary schools. Maybe a few of us will get together and go to a Tiger-Cat football game. We might even make it to Bulldogs hockey games, on occasion.

The important thing here is multi-faceted. First, we are participating in activities that we mutually enjoy and appreciate.

We all know, too, that remaining active is as important to us, as ABI victims (if not moreso) as it is, to Joe or Jo Q, in the general populace.

I grow more excited as my writing continues!

Yes, we are serving as mentors to elementary-aged students, in illustrating to them the dire importance, nay, the necessity and obligation, to wear a helmet when on a bicycle, on a skateboard, on roller blades, etc. That is a widely-appreciated public service.

Spending time together, as I suggested, before, at a local game is beneficial, as well. Yes, the 'we' involved in these activities surely enjoy a wonderful time, themselves. As well, our participation and any monies we may spend go back into the public pool, thus enhancing our community, even as we support our local athletic franchises!

I find myself sidetracked, again, however.

The original subject matter of this newsletter submission was 'Hide & Seek: Getting to Home Base.'

Actually, now that I look at it, that dovetails quite nicely, into the original topic, or that which I have been writing about, above.

I hope I and/or my readers do not find that the same ideas are being repeated, in this writing.

Our ideas and motivations often come from within the Hamilton Brain Injury Association clubhouse. We are energized, there, and fed the power, the energy, to venture out, on our own as well as in conjunction, with others.

Within our centre, we get our power. Our ambition, perhaps. Certainly, our reason, to get out and share.

Is life not wonderful? Everything comes full-circle.

The Heart is Home . . .