

The HIRRS Circulator

March 2013, Issue Six



Top Row: Jason L, Davo H, Trish D, Desmond O
Bottom Row: Ben G, Horace B, Mark S, Liz K

Dear Faithful Readers,

Welcome to our 6th issue! Since you last heard from us at HIRRS a lot has been going on. Robert Cousland has returned from a long stay in Australia and we have welcomed new staff members and clients to the HIRRS family.

The newsletter group is excited to share what we've been working on since our last issue. Here's what you can look forward to reading about in this issue: current and former staff interviews, reviews of our outings, and more creative pieces written by our talented clients.

We appreciate you reading our newsletter and hope you enjoy our ideas, stories, and interviews that will be included in this issue. Thanks for supporting all of us at HIRRS and have a joyous spring!

Sincerely,
HIRRS Circulator Staff

Candy for Ransom!

Below is an activity that was done in Reading Strategies Group. We had so much fun figuring out where the names of candy bars were hidden in this pretend ransom letter. We thought our Newsletter readers might enjoy doing the same. See if you can find the 20 brands of candy bars that are embedded into this ransom note. Look to page 10 for the answers!

Ransom Note!

I got your baby Ruth. If you want her back, you gotta give me a big pay day. You can kiss your baby good-bye if I do not get the goodies. You have to pay me \$100 grand. I want you to go to the address of Fifth Avenue and do not bring the Gobstoppers. Don't ask us for any reeses or nerds. There better not be a time-out or pixie sticks. If I don't get my \$100 grand, I will blast your baby Ruth into the sky past Mars and the Milky Way!!! Do not snicker to the five-o because you don't want to tick off my boss, the cracker Jack, or his assistant, Laffy-Taffy.
an amazing threat to you,
Fireballs

Brain Injury Association of MD Presents...

Strike It Big for Brain Injury Bowl-a-Thon!

It's the event designed for everyone: survivors, family members, friends, and professionals. Best of all, the proceeds will benefit the important work being done by the Brain Injury Association of Maryland. So put a team together, or just sign yourself up and we'll connect you with some new friends. There will be pizza, soda, prizes, and, best of all, cool shoes!

When: Saturday, May 18, 2013, 2:00-4:00pm

Where: AMF Pikesville Lanes, 4389 Reisterstown Rd, Pikesville, MD

Cost: \$25 per person, \$100 per team (up to 5 people)

How to Sign Up: Visit firstgiving.com/biamd/strikeitbig or contact Bryan Pugh by email at pugh@biamd.org or by phone at (410) 448-2924

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Extra! Extra! Read All About It!

You Should Know...

HBOT Therapy

By Matt B

The story goes like this: Robert Mozayeni, a rheumatologist, knew that Hyperbaric Oxygen Therapy (HBOT) was successful in people who are young and recently injured. He wanted to put me in the chamber to see if the therapy would help someone who had been injured as long ago as I had, over 20 years. I had been head injured in a car crash. He and I had this feeling that it would work. HBOT, the therapy, is done in "dives," individual sessions, usually lasting about one hour. You live in an enclosed chamber, in which oxygen is pumped in, so much so that your body is completely saturated with oxygen and the nearly unlimited healing can begin.

I was in a fully funded study that included two blocks of 20 sessions that also had a battery of before and after tests to determine gains. The results were significant and measurable.

In the testing, I had made gains of 80-90% in areas such as attention and focus. Before HBOT I had the tendency to worry by just letting things pile up in my head. I was able to let some, not all of it, go. The only way I can describe it is that HBOT is like a rocket that gave me "out of this world" results.

Now for the downside. Argh! Bleh!

A) The study was fully funded, at no cost to me. Each session of HBOT cost \$250. Soo...a full course costs 5000 smackaroos (as for insurance coverage, you are on your own).

B) There is a chronic "freak-out" factor. I mean, you are in a small enclosed box. It feels like a coffin!

C) The pressurized environment can lead to intense sinus pain.

In conclusion, the good far outweighs the bad. The benefits and gains were so many that there's a lot of stuff I didn't even notice. Things were rather uncomfortable sometimes, but I just hung in there and talked with the attendant to keep me going (he helped a lot). It was well worth it. :)



Matt B

Motivational Interviewing

By Chris K

I am currently studying to be credentialed in "Motivational Interviewing."

This is a well-recognized and regarded technique whose focus is on helping people [clients] talk about and resolve their ambivalence about behavior change using their own motivation, energy and commitment.

It essentially engenders the stance of a "guide" to assist with changing behaviors or develop new learning skills -- evoking patient's own motivation for change.

This is in marked contrast to the far more prevalent "directive" approach where one tells the client what to do and/or how to do what the person directing feels [actually thinks they know] is best for the client.

My belief -- and studies to date reveal -- is that this "motivational" form of service provider/client approach: [a] empowers clients who are treated as partners in identifying their recovery goals and recovery paths; [b] enables the service provider to produce greater results and garner a greater sense of accomplishment [I made a difference]; and [c] alters the context of one "taking of someone who needs direction" to one of committed individuals working in concert -- as equals -- towards a common desired goal. [In other words interacting with a client as "an individual who has experienced a brain injury" vs interacting with "a brain-injured individual. THE DIFFERENCE IS PROFOUND!]

Once credentialed, I intend to volunteer my services to HIRRS and the other Maryland TBI Waiver Service Providers in whatever ways they feel I can make the most difference to their clients and staff.

Hyperbaric Oxygen Therapy Facts

HBOT promotes the healing of tissue damage by increasing the amount of oxygen blood carries to the damaged tissue.

- HBOT is used to treat a wide range of medical conditions like burns, carbon monoxide poisoning, autism, allergies, cancer, and neurological disorders
- Risks include lightheadedness, temporary nearsightedness, seizures, ear and organ injuries from the pressure
- Effectiveness depends upon the condition of the patient and the number of HBOT sessions received

Where Are They Now?

My Visit With Steve Husted

By Kerem K

On Thursday, December 6th I went to visit a great guy called Steve Husted. He was a client here for more than 10 years. He left a couple of years ago and joined another program called Compass. When Steve was at HIRRS he shared an apartment with Dave Hession and Desmond. They both came with me and Robert to visit Steve at his house. We had a good time eating, chatting, and playing Uno, one of Steve's favorite games. Dave even got to talk with Steve's mom Pat on the phone. Steve told us that he is good friends with his 1 on 1 aide, Suleman, and second Friday he goes out to lunch with his sister Bree. Steve still likes to go to the gym and he sometimes helps out at the Compass office assisting the staff there. Steve said that one of the things he most liked at HIRRS was meeting Caron. Steve and Caron dated for many, many years. Steve also said he was proud that he was able to finish college and graduate with a bachelor's degree with the help of Brenda Tjaden. At the end of our visit we went outside and took some photos together. We invited Steve to come to the HIRRS holiday party at the end of the week and I'm happy to say that he showed up with his sister Bree. And he had a good time at the holiday party. We definitely hope to see Steve again and hang out with him soon.

Tracie, former Vocational Intern

By Desmond O

This is my interview with Tracie. Tracie was a former vocational intern. I enjoyed learning new things about her.

D: How would you describe yourself for clients that don't remember you?

T: I was one of the vocational interns that you saw for Voc Group or Independent Living Skills Group. I had individual meetings with some of you to go over resumes and work on interview skills. I was usually seen working alongside Sarah Gagnon. I could usually be found in either Trinelle's or Dana's office.

D: What did you want to be growing up?

T: I had thoughts about becoming a teacher, lawyer, teacher again, and mental health counselor. I really just wanted to be in a job that helped or taught others.

D: Why did you become a vocational counselor?



Kerem K, Desmond O, Steve H & Dave H

T: Originally, I didn't. Once I started the grad program I discovered it is very rewarding and allows for a more hands on approach to helping others.

D: Had you done this kind of work before?

T: No! This was a new job choice for me. My work history consisted of retail experience before grad school.

D: Was this your calling?

T: In some ways, yes. I always wanted to help others. Whether that was with mental or career goals, I always was interested in helping people achieve their goals.

D: What have you done since leaving HIRRS?

T: Since leaving HIRRS last May, I've done a few different things. I took the summer off for job searching and certification exams. In October, my husband and I moved to Central Florida and I began job searching AGAIN. I recently started working at The Hartford as a Return to Work Coordinator with short term disability claims. What I can tell you from this experience was that my patience was tested during the job search process and again I didn't give up even when I never heard back from employers.

D: Do you know what you will do next?

T: I plan on working for The Hartford for a long time. Otherwise, my next steps unrelated to my career are unknown and I'm keeping all my options open.

D: Can you name a song that gives you inspiration?

T: There's no particular song. I listen to all types of music so when one inspires me or makes me feel happy I just go with it!

Reflections

Davo's Life Story

By Davo H

My life, before the accident on August twenty first, two thousand and one, consisted of being an Air Force brat. With that comes a lot of moving. So far I have lived nine different places in my life, and they go as follows:

The first three years of my life I spent in the Philippines. My first words weren't English, they were Tagalog, a Filipino language.

Next we moved to Bismark, North Dakota, where I went to Kindergarten. Something big that happened there was that I won the spelling bee for my school. Ever since then I felt bright about myself, but you can't go around life advertising that you did that because no one really cares for that. We spent about 3 years there.

After that we moved to Denver, Colorado, and we spent around two years there. I was too young to really remember anything significant about that place.

As a family unit we next moved to Enon, Ohio, where my dad went to A.F.I.T. It means the Air Force Institute of Technology.

Then a long haul off to the island of Terceira, which was a small island of the Azores, Portugal. I was in the 7th grade there and I won the geography bee for my school. I loved to run so I got a medal for that as well. It sits now in my apartment room dormant. I remember starting to like basketball there, and stealing cigarettes from the commissary, and smoking with my bro.

If I remember correctly after that we moved to we moved to Montgomery, Alabama. I played trumpet in the marching band. There was a girl and she was the band teacher's daughter. She was my girlfriend for a little bit.

After Alabama we picked up everything and moved up here to La Plata, Maryland. Because I've always had a fat heart it's always been hard for me to get to like/love a place and just pick up and move, but that's the life of a military brat.

After living in Maryland for so long and giving in to the disease of alcoholism, I wanted to go back down to Alabama. I was drunk at the time. Long story short, I was driving late at night, drunk, and there was a Mac-truck making a u-turn so I hit him at full speed. After that, I don't remember much, but what they tell me is that I was flown in a helicopter to the nearest hospital. They saved my life. It made me think that God worked through them to help me survive to stick on this planet



Davo H

a lil' while longer. The man upstairs had a plan for me. I don't know what it is yet. In the end, I went to one rehab after another, and ended up here at HIRRS.

So in the end, I'm not only a military brat, but one with a TBI. Goosebumps I'm getting whilst I'm writing this and it's a big deal to put this down on paper because I've never done it in my life. Somewhere in there I forgot to put Laverton, Victoria, Australia. Summer over there is in December and I was born on the 6th of that month so I loved it because my birthday was in the summer. Robert lived there too, so I thought that was pretty cool. Out of all of the places I've lived so far in my life I'd say it'd have to be Australia due to so much diversity.

Life In Bank's Place

By Horace B

Bank's place is a community residential facility that provides different types of services for the men who reside there, such as vocational training. I currently live with seven other gentlemen and we usually entertain ourselves by talking to each other, playing cards and dominoes, watching TV and going on outings. I like watching Law and Order, The Steve Harvey Show, as well as New York Undercover. It is a very pleasant environment and we all get along well. It would be very nice if we all could increase our daily living skills and become more independent. Ms. Bell and Ms. Ross work at Bank's Place. They provide services such as preparing our meals, washing our clothes and help us to become more independent in all of our daily living skills. In conclusion, it would mean a lot if we all as individuals could obtain all of our goals and objectives.

Creativity Section

A "New" Holiday Assignment

By Svetlana Guttenberg, Creative Expression Group facilitator

Participants of the Creative Expression Group were asked to write a short essay about a new public holiday they wished to propose. During the discussion at the beginning of the group they were encouraged to consider such topics as holiday's originality and its importance to relatively large groups of the population. As part of their essays, group members were suggested to come up with the name for the holiday they were describing as well as the way it can be celebrated and decorations that can be used to make it a festive event. Once again, group participants were creative and thoughtful! I am sure, dear readers, that you will agree with me that adding the holidays they proposed to the current list of national celebrations will make our lives more interesting and meaningful.

Inspiration Day

By Desmond O

Inspiration Day is a day devoted to all of the things that inspire you. It can be celebrated by anyone. You can use all the things that make you happiest. Spend it with others that you feel have made your life special. Use colors that you like or colors that almost saved your life. It is a day you can take off for yourself. You can celebrate on a date where you want a day off.

Blue Day or Memory Day

By Nicholas M

If I were to make a holiday, it would be name the "Blue Day." It would just be a celebration of color and my high school named Springbrook. I graduated from Springbrook after I had my brain injury on July 3, 1999. Springbrook's mascot is the Blue Devils. Blue has been my favorite color since I was asked by my teacher in pre-school in 1983. Everyone at my school would wear blue on that day and the school would reflect on its past glory. Part of that celebration would be how my older brother Christopher McGuthrie took Springbrook High School to the state finals game in 1993 and they lost to Parkdale High from Prince George's County. They played that game at the Cole Field House. The school holiday would be filled with blue color.

A Day for Children

By Trish D

I propose a day for children because like the song says, "I believe the children are our future. Teach them well and let them lead the way." The holiday should revolve around the child's grammar school, because it is how a child learns behaviors, interacts with others, and works to his or her ability. So the day celebrates the revitalization of abilities discovered.

Social Day

By Horace B

Social Day is a day when people get together from all walks of life to celebrate being alive and free from all the distractions of life. To celebrate being alive and free means celebrating everything that is good in life from the smallest detail to those things which are enormous in size. The streets are decorated with flowers of all types, shapes and sizes, and people dance until the wee hours of the morning. Social Day has been set aside as a national holiday.

International Compassion Day

By Vicki B

The holiday that I would propose is International Compassion Day. On this day, people would choose to be wireless and electronic-free; and it would be a worldwide day of rest, so people could pause. People could pause one day a year to notice the sky, their breath, the eyes of the people they meet, the taste and texture of their food, and smile. It would be a day to be kind to oneself, friends, strangers, animals, all creatures, and Mother Earth. It would be a day of reflection, thanksgiving and forgiveness. Love would ripple throughout the earth; and there would be peace and fellowship for at least a day.

No Work Day

By Mark S

The No Work or School Mondays and alternate Fridays holiday. On this day we celebrate this holiday by sleeping in, and every state and city will celebrate this holiday, raising the American flag. All races and religions come together as one knowing that we can be as lazy as we want to be on Mondays instead of dreading it knowing you have to get up on Monday.

Honesty Day

By Jermaine L

Honesty is the Best Policy Day. Every Friday in July, the city will be decorated in white. When you start your day in school, at work or wherever you go, no matter who the person is. Boss, parent, friend, family member or whoever of painful or delightful as the situation may be.

You have to tell the person or yourself no matter the situation, you just have to respond in 100% honesty.

For people that want to take off can but for added incentive you will get paid time and a half if you come to work so that people can really get to know each others' real feelings because in my opinion it can sometimes be thought of in a negative way but I would rather you tell me if I was doing something that you didn't like instead of hiding it. Maybe we could sit down and have a discussion and work it out because even the relationships have problems and you just might be pointing something out to me that I have been overlooking. It will just be the city, town, state decorated in white. Nothing to hide.

The truth shall set you free.

Outings Recap

Antique Row in Kensington, MD

By Daniel M

Friday of last week people from the Day Program and I went to look at antiques in Kensington. The people who ran the shops were very nice. The workers talked about the different antiques. The best antique shop I went in had an antique Babe Ruth New York Yankees jersey, a ball, bat, and pictures of the Yankees team. Babe Ruth was in it. Another favorite was the library. They had some nice books. One was a cowboy book that looked like it was adventurous. We tried other stores and unfortunately they were closed. The awesome part was that the antiques were for sale. Some of the antiques were extremely pricey. But whatever, the trip was exciting and fun. Next time we would have to go when the stores are all open, because one was a music store and the other was an art store. I'd like to check out the drums at the music shop because I love drums. I love pictures with a lot of color and that is what drew me to the art shop.



Eric M, Patrick K, Donnie, Desmond O

At the Mormon Temple

Kung Fu Observation

By Ben G

On Tuesday March 5, we went on an outing to see a kung fu demonstration. We walked to the kung fu studio, which was down the street. First, we watched the students warm up. They showed us a lot of moves like punches, jumps, and kicks. The students then showed us their kung fu routines. One student used a sword in her routine. It was great! After the demonstration we were able to ask the kung fu master questions. Then he showed us some of the different weapons that are used. There were swords, spears, wooden poles, and shields. My favorite part was learning about the different weapons because they were cool. Overall it was a very good outing. It was a lot of fun and it is an outing I will never forget. One day I'd like to learn kung fu. I would recommend this outing for other clients who didn't go the first time.

Recent Outings	
Chart by Tim C, Typed by Trish D	
January 4, 2013	Bowl America
January 9, 2013	Movie: Jack Reacher
January 17, 2013	Strathmore
January 25, 2013	Movie: Zero Dark Thirty
January 30, 2013	Washington DC Mormon Temple
February 6, 2013	Joe's Record Paradise
February 12, 2013	Movie: Parker
February 22, 2013	Antique Row in Kensington, MD
February 27, 2013	Tyson's Corner
March 5, 2013	Kung Fu Demonstration
March 7, 2013	US Capitol
March 13, 2013	Bowl America
March 29, 2013	Movie: Olympus Has Fallen

US Capitol

By Daniel M

Yesterday, I went to the Capitol. I had a very good time. You will not believe it, but I got to see a movie of the mystery of the Capitol. They day was very nice out. It was very cool out with a good breeze. I saw a group of Marine Corp members running around getting exercise. After the movie was over, we went to the main part of the Capitol. We saw historical paintings of presidents and congressmen. I was surprised that the Declaration of Independence was not there. Then in another part of the Capitol, there were statues of presidents, congressmen, and Supreme Court members. One of the statues looked like my father. After that the tour was over. After we left, I had a smoke, got in the van, and we returned to the HIRRS program. I guess everyone that went had an excellent time. This is Daniel Martin. I had an exciting time!



Sam M, Dave H, Eric M

Kung Fu Exhibition

By Desmond O

I liked it. It was very interesting because there was a master and the students. They showed us how many levels of Kung Fu you have to do to be a master. The students and their teacher showed respect by bowing to each other. We were even able to see some Kung Fu moves, of course. They even showed us weapons. The person who gave us the tour had a translator because he did not speak English. But he and his students were very good. It was good to learn about the history. I would go again.

Who's Who at HIRRS

Horace Bryant

By Mark S

Horace Bryant was born in Wilmington, North Carolina in 1953 and grew up in a positive environment. His father's name was Horace C. Bryant, Sr and his mother's name was Jimmie Lee Bryant.

Horace has had his injury for fourteen years and before that, he was a Case Manager for the DC government. His second tour of duty came in 1998. He fell off his roof. His neighbor found him, and probably saved Horace's life!

"Brother B" is a nickname people gave Horace because of the camaraderie they have. Horace has one son named Nigel, who is 27. Horace was married for fifteen years to Ellen Denise Bryant, but they are unfortunately divorced.

Horace likes jazz and likes to watch The Steve Harvey Show. Horace likes interacting with people at HIRRS, plus gets motivation from everybody. Having a head injury has taught Horace to never give up. The best advice Horace can give people is never give up.

By the way, on a side note, Horace's best friends growing up were Milton McCoy, Bonnie Delugan, Calvin Chadwick, and Ernest Gordon.

Tom Kravulski

By Liz Kanfee

Do you know Tom? If not, let me tell you about him...

Q: How do you like working at HIRRS?

A: I love working here.

Q: How long have you worked here?

A: It will be 6 years this July

Q: Where did you go to school?

A: I got my B.S. in Communication Sciences and Disorders from Penn State University and M.S. in Speech-Language Pathology from Towson University

Q: Were you ever a speech intern?

A: Yes, but not here

Q: Where were you a speech intern?

A: University Specialty Hospital

Q: What do you do in your free time?

A: Play music, play volleyball, hang out with my family

Q: What sports do you like?

A: To watch, football and baseball; To play, volleyball; Favorite baseball player, Adam Jones from the Baltimore Orioles

Q: Were you nervous when you were interviewed by clients?

A: Yes

Q: Who is your favorite super hero and why?

A: Iron Man, because he can fly and is a billionaire and genius...just like me

Q: What would you do if you couldn't work here?

A: Work somewhere else...but probably with adults.

Q: Why are you such a great guy?

A: Probably because of my sense of humor and all around awesomeness

Desmond Ofordire

By Patrick K

I have a few questions I am going to ask Desmond, a friend of mine who was in an accident.

Q: How did your accident take place?

A: Was 7 years old and I fell out of a window.

Q: Where did it take place?

A: Section of DC.

Q: Is it easy for you to make and keep friendships with other people?

A: No, be easy to me and I will be friendly back.

Q: What are you doing now?

A: Going to HIRRS. Also looking for a job in the future.

Q: What are your future plans?

A: Going to work, having a family.

Q: What type of music are you into?

A: I like all types of music.

To me, Desmond is a great person. He likes everyone and puts up with everyone. You can't say nothing bad about him. He is a true gentleman. He likes my music so the man is A-ok in my book.

Claire Harper

By IC

Last December, HIRRS day program welcomed a new Cognitive Rehabilitation Assistant, Claire Harper, to replace Sarah Gagnon, who moved to the vocational department.

Claire Harper had been working in Advertising following college at Purdue, where she had initially been aiming to become an Advertising Agent. She worked in Copywriting creating words for ads, but wasn't crazy about how cutthroat it was. During her time in marketing she realized that she wanted to work with people in a productive and rewarding way.

"I love the environment here. I love the sense of community. HIRRS is like family." Claire went on to speak of how she likes both one-on-one interaction with clients as well as leading groups: "I like groups, but I don't like to just lecture, I prefer clients asking questions. I want to engage them. And be entertaining too. Who wants a drab 45 minutes? That doesn't help any of us."

Claire speaks of how she also finds one on one with clients time rewarding. "I was somewhat surprised by all the differences of HIRRS clients. I may have filtered myself at first; I had never worked with people with head injuries." It didn't take Claire long, as clients are so appreciative of what great help she is giving us. We owe her a big thanks for that.

Meet the Day Program



Marie (above)
Martha (below)

Marie, Yoga Instructor, Volunteer

What do you do at HIRRS? Help folks learn to breathe
How long have you been with the program? About five years

Where were you educated? I took my yoga training at studios in Takoma Park and Annapolis. Before that I went to John Hopkins to study public health and the University of Pennsylvania, where I studied economics.

Where are you from? I grew up outside of Philadelphia, and have lived in Baltimore, Pittsburgh, Chicago and Brazil, but Rockville has been my home for 23 years, so I guess Rockville is my home.

What's your favorite color? Soft raspberry
If you were a superhero, what would your superpower be? Help people let go of their anger and deal more effectively with what life brings them.

Alex Flurie, Speech Pathology

Graduate Intern

What do you do at HIRRS? Student clinician speech language pathologist for the Day Program.

How long have you been with the program? Since the beginning of February

Where were you educated? Got my BA from West Chester University. Will graduate with my MS in May from Towson University

Where are you from? Harrisburg, PA
What do you do at Towson? SLP graduate student

When do you graduate? May 22!!!

Do you like or ever heard of Rebecca Black the singer? I have heard of her.

Martha, Volunteer

What do you do at HIRRS? Help clients with assigned tasks with which they need individual assistance.

How long have you been with the program? About two months

Where were you educated? Mostly in Kentucky. Undergraduate -- Georgetown College. Graduate -- Murray State University, MA in Counseling. University of Kentucky -- Ed. D in Education Administration and Psychology, Fellowship in Brain Trauma -- NYU

Where are you from? Kentucky

If you could have any super power, what would it be and why? Give everyone, including myself, patience to keep going until a job is finished.



Chris K, Brain Blast Volunteer Facilitator, Member HIRRS QA Committee

What do you do at HIRRS? Facilitate weekly Brain Blast meetings, attend QA meetings when scheduled

How long have you been with the program? Coming up five years in September

Where were you educated? Undergraduate degree Columbia University, Law Degree NYU School of Law, Master Practitioner Neurolinguistic Programming, Contextual Therapist

What music do you like? Classical and Bluegrass -- listening. Dancing -- Cajun and Zydeco.

What kind of attitudes do you like? Can do, positive, "possibility"

If you were a superhero, what would your superpower be? Listening. Really hearing others so they feel "known" and "gotten." The biggest gift I think we as humans can give one another.



Chris K (left)
Alex (right)



Robert C, Alex F, Alysa D & Tom K

Alysa Diller, Speech Pathology Graduate Intern

What do you do at HIRRS? Provide group and individual therapy to help clients improve cognitive abilities.

How long have you been with the program? Since mid-January.

Where were you educated? Loyola University and Millersville University

Where are you from? Lancaster, PA

How did you become involved as a speech intern? I was seeking an internship working with adults with acquired language and cognitive deficits and luckily I discovered HIRRS.

What is the most important thing to you working as a speech intern? Providing functional therapy to help my clients be more independent, and planning challenging and stimulating activities that are fun!

Alex, High School Intern

What do you do at HIRRS? Run Wii Group, meet with clients, play games, support the Day Program staff

How long have you been with the program? About six months

Where were you educated? Wootton High School

Where are you from? Was born in Ontario, Canada. Moved around a lot as a kid. Lived in Redondo Beach, CA for four years before moving to Rockville, MD.

What kind of music do you like? Rock music.

Meet the Day Program

Svetlana Guttenberg, Cognitive Rehabilitation Specialist

What do you do at HIRRS? I facilitate groups, do case management, including assisting clients with choosing their IP goals, develop procedures to implement those goals and help clients to achieve them. Working with other Day Program staff, I try to make sure that day to day life at Day Program is fun and safe.

How long have you been with the program? Since September 2006

Where were you educated? At St. Petersburg University, in Russia

Where are you from? The city of Vladimir in central Russia.

What was the most challenging situation you faced in obtaining your doctorate? Conducting my research, I had to deal with trolley bus drivers, and they were pretty tough guys.

What do you consider to be your greatest achievement in life?

My family: my husband Rob and my daughter Vladislava. And learning to drive.

How have you applied what you have learned to your everyday living? I learned that there are always factors that influence a person's behavior and if you want to really understand people you have to be attentive and thoughtful.

Alexa Burton, One-on-one, General Day Programmer

What do you do at HIRRS? I work with Ben one-on-one, help during groups, and go on outings.

How long have you been with the program? About two months

Where were you educated? I went to college at George Washington University and I studied psychology there.

Where are you from? Las Vegas, NV

How would you describe your personality? I can be shy at first, but once I get to know people, I like to joke around a lot.

What type of music do you like? I like all kinds of music. Lately I've been listening to a lot of electronic music.



Claire H, Elissa I & Svetlana G



Alexa B, Michael C & Abe

Claire Harper, Cognitive Rehabilitation Assistant

What do you do at HIRRS? Run groups (Wellness Group, Cooking Group, Weekend Planning Group, Game Group II and Newsletter Group), meet with clients, support clients to meet their goals

How long have you been with the program? Almost four months

Where were you educated? Purdue University

Where are you from? Alexandria, VA

What do you like to eat? I don't like cheese, I love it. And my mom's meatloaf

What's your favorite music? Pretty much everything, except screamo music

Robert Cousland, Director of Rehab, Speech-Language Pathologist

What do you do at HIRRS? Help keep Day Program ticking along.

How long have you been with the program? 9 years.

Where were you educated? The last classroom I sat in was at the University of Arizona in Tucson.

Where are you from? I come from the land down under....

How do you like your job? One of the best jobs I've had, though if I hit the lottery I'll be exploring the world.

What was the grossest thing you've ever eaten? Nothing gross, just unusual. Victims of my curiosity include crocodile, possum, dog, crickets, and snake.

What your favorite part of your job here at HIRRS? Starting my day with a cup of tea and a couple of songs on the record player is pretty good.

Tom Kravulski, Speech-Language Pathologist

What do you do at HIRRS? Work with clients individually, particularly if they have any speech or language needs. Run cognitive therapy groups. Supervise any SLP interns. Case Manager. Part of the Quality Assurance Committee.

How long have you been at HIRRS? 6 years in July 2013

Where were you educated and what did you study? BS in Communication Sciences and Disorders from Penn State University. MS in Speech-Language Pathology from Towson University.

Where are you from? Hometown - Wilkes-Barre, PA. Currently live in Columbia

What is your favorite sport? To watch, football and baseball. To play, volleyball. Favorite baseball player, Adam Jones from the Baltimore Orioles.

What countries have you been to? Mexico and Aruba

Abe Cribeiro, One-on-one, General Day Programmer

What do you do at HIRRS? Work one on one with Kerem and Paul

How long have you been at HIRRS? Since 2007

Where were you educated and what did you study? I got my Bachelors and Masters in Counseling Psychology as well as an MBA from Washington Adventist University

Where are you from? My mom is from Peru and my dad is from Cuba and my grandparents from both sides are from Spain

What is one color you would like to be? I like the colors red and black

What specific type of music do you like to listen to? I listen to pop, eurodance, and hip hop as well as salsa, merengue, reggaeton, and rock.

Michael Cambetes, One-on-one, General Day Programmer

What do you do at HIRRS? A little of everything. Mostly to be there for Mark should he need help.

How long have you been with the program? One year and two months.

Where were you educated? I was home schooled.

Where are you from? Originally from Greece then moved to Washington, DC until I was 17. Then moved to Frederick where I now live.

Why pick HIRRS? I like being with and helping people.

Do you like it here? I do. There is always something happening.

If not HIRRS, where else would you work? In New York for a production company doing make-up or photography.

Elissa Israel, Cognitive Rehabilitation Assistant

What do you do at HIRRS? Run groups (Brain Gym, Philosophy Group, Trip Planning Group, Game Group II, Newsletter Group and Improv Group), meet with clients, support clients to meet their goals

How long have you been with the program? A little over a year and a half

Where were you educated? Oberlin College

Where are you from? Rockville, MD

What is the weirdest item of clothing you have? A hat shaped like a wedding cake

Give me an idea of what food you would like to be. Name five. Pineapple, coconut, avocado, bananas, papaya (anything that grows somewhere warm)

Extra! Extra! Read All About It!

Just Another War Story

A flash fiction story by IC

August, 1990. The Private boasted to people he saw at his church or his favorite ice cream parlour: Going to Kuwait was about showing up for your country. But if there was any real reason, and he didn't know if there was, fighting in a war was his unspoken tribute to a father who got it in Vietnam when the Private was just one or two. "Your father died in The 'Nam," his mother would say over and over instead of saying anything else. She told the Private he asked too many questions. But he was a toddler, he was just a kid. The silence to his questions only hit him when he was seven. The talk about his father's death was hush hush and the life his father lived was left to a wedding picture planted on the mantel.

July 4, 1991. He was awake for days, his eyes staying closed for what looked like not much more than a few blinks. Little sleep was only broken by nightmares, the only times war stories came back to him. Visions of blow-ups right in front of his eyes -- all the tanks' steel shredded into this piece and that, soldier friends now part of Kuwaiti sand...

Posters were ripped to the floor, torn sheets left his bed half made, meatballs from two days ago sat hardening on top of the dresser.

He set the TV loud to the channel where all you heard was the fuzz, then he balled up his body at the side of the bed his hands cupping his ears as the fireworks went bam.

Untitled By Mark S

The world is made full of ups and downs
If you have more ups than downs
You will live in harmony with the Lord up above
If you're happy in your daily tasks
You will be at peace, mind, body, soul
So if you want to be an inspiration to all
Then wear that big smile every day
And say "That's OK" to troubles that come your way
And don't forget to be a friend to all that come your way

The Friendship of Bob and Jason, Part Two

By Jason L

I would first like to say this story was first about Bob Thomas's speed walking, but it somehow turned into something else. Well, whatever it is, I might as well roll with it.

When Jason landed at HIRRS, he met Bob. As Bob was playing chess Jason made a joke about his brain injury, which made Bob realize who Jason was because Jason was always joking around and not taking things seriously. Bob had a flashback of the whole banana peel incident, which made him mad because Bob recognized Jason's face as the face of the person who caused his brain injury.

Bob jumped up and told Jason, "You are the person who put me here!"

Jason said, "I am very, very sorry. I was young and I didn't know what I was doing."

But it was too late. Then Jason said, "Screw it. Let's play chess."

Bob said, "You are not a very good person" at first. (Elissa made me change what he really said). For the first week, Bob was always saying, "You are not a very nice person!" to Jason. (Since it was changed, it's harder for me to express my feelings).

After the first week, they started playing chess because Bob was looking for some competition and he knew Jason would give him a

for his money. And that was just what Bob wanted – a run for his money. But he never got over the fact that Jason was the one who put him there.

Then Jason asked Bob, "Are you still speed walking?"

Bob said reluctantly, "Yes, I am."

Jason said, "I would like to learn more about this speedwalking. Can you teach me?"

As Jason was being taught the rules and regulations of speed walking, he asked Bob, "Why do you speed walk?"

Bob said, "The main reason is to get away from my problems and to think about what's going to happen tomorrow and of my actions."


Jason said, "That is a very good stress reliever. I might try that." But then he thought to himself, "What am I talking about? I can't walk down the street. How can I speed walk? And even if I did, it would look funny! To see a guy with a walker speedwalking. What in the blue blazes is going on?! That's the first thing you'd say."

After awhile of playing chess and learning to speed walk, Bob and Jason became friends, which neither one could believe happened.

Now I must end this because Elissa is yapping in my ear. So after that, they were good friends. I must go now. Be safe and speed walk where you go because life is short and you don't know if you'll get there without speed walking!

How many candy bar names did you find in the ransom note from page 1? Did you get all 20?

Ransom Note!

I got your  . If you want her back, you gotta give me a big  . You can  your baby good-bye if I do not get the  . You have to pay me  . I want you to go to the address of  and do not bring the  . Don't ask us for any  or  . There better not be a  or  . If I don't get my  I will blast your  into the sky past  and the  !!! Do not  to the  five-o because you don't want to tick off my boss, the or his assistant,  . an a  threat to you, 

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