

# The HIRRS Circulator

June 2013, Issue Seven



Jason P, Mark S, Andre B, Patrick K, Desmond O & Ben G

Dear Creatures Big and Small,

We bring you our 7<sup>th</sup> issue! We've spiced up the newsletter to be more interactive for your enjoyment. Our Cooking Group has whipped up some scrumptious meals and we'd like to share with you the recipes (just don't look at the calorie count). We'd also like to extend happy birthdays to the April, May and June babies. Finally, the Mad Libs buffs that we are, we branched out and created one for you.

We appreciate your time and attention to our newsletter. We hope you enjoy our new features. Have a happy and safe summer! ☺

Sincerely,  
The Mad Libs Buffs of HIRRS

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## Thanks again, Brooke Meadow!

By Liz K

Thank you, Brooke Meadow, for hosting the BBQ. Everyone had fun. There was a lot to eat there, like chicken, hot dogs, hamburgers, chips, soda, salsa, cake and cookies for dessert. There was also pasta salad and cake that Cooking Group made. We got to watch TV downstairs. Both Day Programs at HIRRS and Brooke Meadow went to the picnic. Staff took clients to Brooke Meadow.



Top Right: Nick M & Ben G

Middle Left: Andre B, Brandon W & Sam M

Middle Right: Danny M, Paul V, Jason L, Felix K, Matt B & Mirko N

Bottom Left: Felix K & Matt B

Bottom Right: Horace B, Desmond O, Jason P & Trish D

# World of Travel

## Nigeria

*By Desmond O.*

The fondest memories I have are in Nigeria, which is part of Africa. The reason I like living there is because everyone is nice and helpful. Now here's something you might not know about Africa, there is a lot of driving involved and if you drive long enough, you can see some cities but they are not like cities here. Did you know that in Africa they have McDonalds? I started in my father's tribe. I saw a lot of my father's relatives. The clothes are mainly loose-fitted robes and they wear them all the time. When they prepare food, they make it for everyone. They don't have a lot of computers, cellphones or other things we have here in the states and I think they like it that way. So if you wanted to go somewhere not like normal, I would recommend Africa.



*Desmond O*

## Trip to Florida

*By Daniel M*

At the age of thirteen, I went to Florida for one month. When I was there, I visited my grandparents. Florida is on the south east coast. They call it the Florida panhandle.

In Florida, my grandparents live in Palm Springs and it is located in America. When I was there I had fun going to Sea World and running around their property trying to catch lizards. I also had fun swimming and visiting. The culture is much the same as other states. The only difference is they love seafood. The people in Florida like to be tan and wear shorts and short sleeve shirts. They love their golfing. The people are very friendly. I had a lot of fun visiting my grandparents. The wild life is awesome. There are many reptiles and fish and birds.



*Daniel M*

## Amsterdam

*By Nick M.*

Mostly everyone takes nice trips to different, unusual, nice places in the world. The most exotic place I've been to is the city called Amsterdam in the country called Holland or the Netherlands. I got to visit there three times because my older brother named Christopher McGuthrie played professional basketball in the Dutch land.

In the Netherlands they speak Dutch and English is a popular language. When I was there I learned how to say hi and bye and that's about it.

I stayed in my brother's Dutch apartment home and slept on a king-size bed and watched TV. They showed an American classic show called "Seinfeld" and past 9 pm, showed adult movies on regular stations. I was stunned, but that's life in Holland. You do not have to worry about drug wars because it's legal there. No problem.



*Nicholas M*

# Who's Who at HIRRS

## My Interview with Dana

By Kerem K

Hello all. My name is Kerem Enver Kolan and I certainly had a blast when I last interviewed somebody, which was probably several newsletters back I think. The last interview that I remember doing was when I interviewed my good friend



Dana M & Kerem K

Kimberly Freeman, and I asked her what she was up to since leaving HIRRS, and what her plans were for the future and all that. I also wrote something about my visit with a special guy named Steve Husted, who was another former HIRRS client. But this time I'm going to be interviewing one of the vocational staff here at HIRRS and her name is Dana Hughes. So I asked her only 10 questions so far and here is what my interview with her was like or how it turned out.

KK: How long have you been working at HIRRS?

DH: 2008 I was an employee and I have been here ever since.

KK: What made you want to be a voc staff in the first place?

DH: I was attending GW's rehab counseling master's program and interned at HIRRS. I really loved the staff, clients, and the goal of helping people obtain greater confidence and independence through employment.

KK: Susie and Josh used to be in the day program with me but now they are out working, so do you see Susie and Josh at their jobs?

DH: Due to confidentiality I can't speak about who I help in the community but I do see people at their worksites to assist them in maintaining their jobs.

KK: How much of your time is spent outside of the office?

DH: I spend a 3<sup>rd</sup> of the day outside of the office.

KK: What university did you graduate from?

DH: I got my bachelor's degree from Penn State University and I got a master's degree from George Washington University.

KK: If you were to ever leave HIRRS what job would you be interested in having?

DH: If I were to leave HIRRS I would still seek out a position where I'm counseling people to be more productive and happy with themselves.

KK: What do you do in your free time when you're not at work?

DH: I like to run, I like to read, I like to try new restaurants and I moved recently so my husband and I like to fix up our house.

KK: What kind of music do you like to listen to?

DH: I like classic rock, I like country music, and I like top 40s kind of music.

KK: Do you have a favorite store or place that you like to shop at?

DH: My favorite store is Anthropologie, although I usually stick to the sale section.

KK: Where would you like to go on vacation on an overseas vacation and why?

DH: I have always wanted to go to Greece because the water there looks like a good shade of blue. I'd like to go to Ireland as well.

## Interview for Liz By Ben G

Do you know Liz Kanfee? If not, I will tell you about her. For this issue I interviewed Liz. It was great, and I got to know her better. Now I would like to share what I learned about the spectacular Liz!

B: Where are you from?

L: I was born in Takoma Park and then I moved to Olney.

B: How long have you been at HIRRS?

L: I don't remember, but it has been a long time.

B: What do you like most about HIRRS?

L: My favorite thing at HIRRS is meeting with Elissa. I also like playing Uno with Ben.

B: What class did you take at Montgomery College? Did you like it?

L: I took reading and vocab building and art classes. I just finished feel the beat, which is a class where you get to play musical instruments and learn about musical notes. I liked them all, but art was my favorite.

B: What do you like to do in your spare time?

L: I like to watch TV. *Golden Girls* is my favorite show because it's really funny. It's about Sophia, Blanche, Dorothy, and Rose, who are all senior citizens that live together. I like Sophia the best.

B: If you could trade places with a famous person for the day, who would you pick?

L: Adam Sandler, because he's very funny. I would put together movies and do comedy stuff.

B: What is your favorite movie?

L: *Big Daddy*, because it's a funny movie.

B: What is a cool place that you've traveled to?

L: I went to Israel when I was eight and thirteen with my dad. I went because that is where my dad is from and my grandparents also lived there. I saw the Wailing Wall. It's a big wall where you put prayers. It's a historical Jewish site.

## Interview with Matt Segal By Mark

Mark interviewed Matt Segal about his recent nomination to the Commission for People with Disabilities.

Mark: Tell me about yourself and your background.

Matt: I have cerebral palsy and I like to help all people in general and give them the resources they need.

Mark: How did your injury occur?

Matt: I do not have a head injury but cerebral palsy.

Mark: What does the Commission on People with Disabilities do?

Matt: They advocate for people that have disabilities and all others.

Mark: Why is it important to have a Commission on People with Disabilities?

Matt: So we can fit problems for people with disabilities and others.

Mark: How did you get this position?

Matt: I was nominated by the Commission for People with Disabilities.

Mark: What do you do for the commission?

Matt: I am a commissioner and help people in general.

Mark: Tell me your thoughts on HIRRS.

Matt: It is a little organized and little disorganized.

Mark: Who influenced you throughout your life?

Matt: My fiancé Kelly, my friend Carlos, and my parents

Mark: Other than your position on the Commission for People with Disabilities, how else do you think you can be a positive influence?

Matt: I like to help people in general to get the resources they need.

Mark: What's the best advice you can give anybody with a head injury?

Matt: Be your best advocate.

# Who's Who at HIRRS

## Interview of Sam

By Nick M.

N: What is your background? Where are you and your family from?

S: Originally, from Ethiopia, but grew up in New York. I came from Ethiopia when I was 9 or 10 years old.

N: What is your favorite sports team, college or high school team?

S: UMD for college, not really sure for high school. I don't watch high school sports, mostly just college and pro.

N: What high school did you attend?

S: I went to a lot of high schools. Einstein, Richard Montgomery, and the last one I went to was Gaithersburg, but I dropped out in 11<sup>th</sup> grade.

N: Were you ever married or close?

S: No-not married, no children.

N: Do you follow a specific religion?

S: Sometimes. I watch the church channel sometimes. I have a friend who is a pastor from Arkansas. He has a church in PG County and he used to take us on trips and I got to meet President Clinton because was also from Arkansas. He was there with his family. I didn't take a picture with them, but the pastor did.

N: What are your future plans?

S: That's a tough one. Only the man upstairs knows. My future plan is to get a job, that's it. I actually came to this program to get a job.

N: Did you attend school after high school?

S: No, I dropped out in 1989. I was in the 11<sup>th</sup> grade. The first job I had was at Oakleaf Center. I used to take disabled kids to the pool. I worked at KFC and Denny's as a cook and at Lord & Taylor's.

N: What's your favorite sport and why?

S: I like everything—basketball, football, hockey, bowling and derby racing (I went to one in Baltimore).

N: When's your birthday and how do you celebrate?

S: March 18, 1971. I just turned 42 years old. I go to the bar.

N: Why did you come to HIRRS?

S: To look for a job, get a job and stuff. I've worked a lot of places.



Sam M & Nick M

## Interview with Andre

By Horace B

My interview with Brother Baldwin consisted of me asking him the following questions:

H: What was your injury?

A: I was hit in the head and shot two times in the head and shot in the side.

H: How did it affect your life?

A: I survived and am at HIRRS. I feel blessed to have survived.

H: What continues to motivate you?

A: My life. I'm trying to come back and the people at HIRRS continue to support me in my rehabilitation.

H: How old are you?

A: 52.

H: What has been the most significant thing that has happened in your life?

A: I continue to make positive decisions.

H: What are you currently doing?

A: Coming to HIRRS. Continuing to persevere.

H: Who has affected your life the most? How so?

A: My children and my mother by continuing to share the wealth, life and happiness.

H: What do you see your life being like in the next 10-20 years?

A: I don't know, but I will continue to live.

H: What plans have you made to achieve goals and objectives?

A: To make good use of my surroundings. To stay positive and earn big money.

My interview with Brother Baldwin was very precise and complete as well as satisfying. I was able to do it swiftly.



Horace B & Andre B

# Outings Recap

## Bowling & Bookstore

By Ben G

This week we went on two outings. On Wednesday we went bowling. At the bowling alley we had two lanes to play on. I shared a lane with Andre, Kerem, Duncan, and Mark. We took turns trying to get a strike. I played well. I got a couple of spares and a strike. My final score was 114. I won! It was great, and I had a lot of fun.

The next day, we went to two used bookstores. The first bookstore, Second Story Books, was huge. They had a lot of different books and records. Next we went to Friends of the Library. It was smaller than the first bookstore, but they still had a good selection. I asked the store employee where to find books about baseball. He told me where to look and I found two books that I liked. They were only a dollar each, so I bought them. I really liked this outing. It was one of my favorites so far.



## Our Trip to Great Falls

By Duncan M

We left the center at 10:00. We arrived at Great Falls at 11:00. We parked the cars and we all met up together there. We started to walk together so nobody got lost – that would have been terrible.

I was a mason before I got hurt, and I did some work there. I rebuilt the stone wall at the canal, which lets the overflow water out. They close the dam to let the water fill up to let the boats go in and they let the water out so the boats can go out. The boat was pulled by two donkeys. The boat had people in it.

We then started walking again down the canal, to the look out where we all got a picture taken. You can see part of the falls in the picture. We all looked at the falls for a while, and then we started back. We got almost back, and decided to have lunch. We had lunch. I think everybody was a little bit tired of walking, so we all decided it was time to go home or back to the center. I know I was.

I used to go to Great Falls when I was growing up. Me and my friends would have a lot of fun there. Well, we all met back at the cars and we made sure we were all there. We got in the cars and left to go back. I think everybody had some fun. Thank you.

## Recent Outings

Chart by Tim C, Typed by Trish D

April 4, 2013	Wheaton Used Bookstore
April 10, 2013	Movie: The Call
April 16, 2013	Brookside Gardens & Bauer Dr. Community Center
April 24, 2013	Great Falls Park
May 3, 2013	Madame Tussaud's Wax Museum
May 8, 2013	Movie: GI Joe
May 17, 2013	DC National Zoo
May 23, 2013	Movie: Iron Man 3
May 24, 2013	BBQ at Brooke Meadow
May 31, 2013	Tyson's Corner Mall
June 5, 2013	Bowl America
June 6, 2013	Second Story Books & Friends of the Library Used Bookstore
June 14, 2013	Homestead Farm: Strawberry Picking
June 19, 2013	Bohrer Park Mini Golf
June 26, 2013	Movie: Man of Steel



Upper left: Patrick K, Daniel M, Ben G, Mike M, Tim C, Desmond O, Duncan M & Payman J at Great Falls Park  
Upper right: Eric M, Daniel M & Patrick K at Brookside Gardens  
Right: Desmond O & Duke Ellington at Madame Tussaud's  
Below: Tim C, Jermaine L, Andre B & Carrie P at the National Zoo



# Creativity Section

## Self-Portraits

By *Svetlana G*

Participants of Creative Expression Group read a short overview of the history of the self-portrait. They learned that no matter how artists choose to portray themselves, they have to study their own personas first, both physically and emotionally. The result of group participants' exploration of the self beyond the image in the mirror is in front of you.



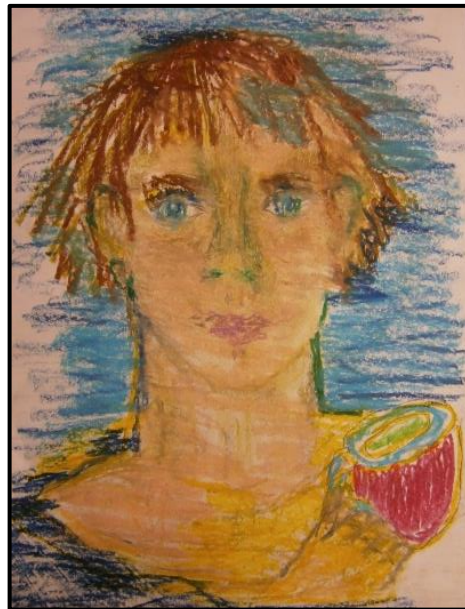
*Mirko N*



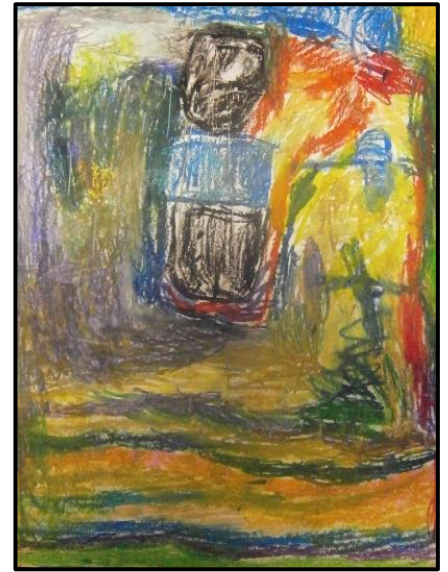
*Matt B*



*Jermaine L*



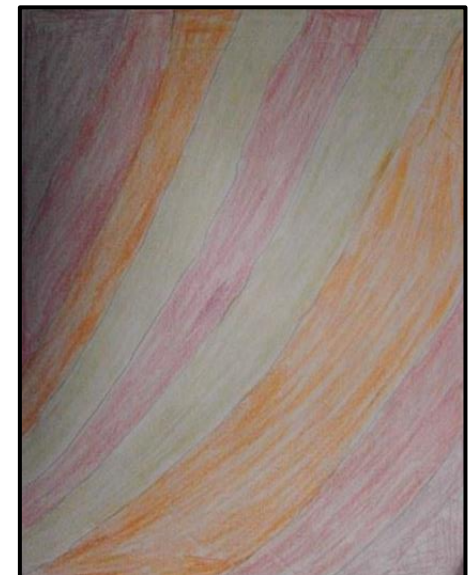
*Vicki B*



*Desmond O*



*Nicholas M*



*Mark S*

# More Creativity

## **Danielle, Part I**

*By Ian C*

I was at a traffic light when I heard about the part time handyman who did good work on the weekends. I mentioned my loose dining room door to a woman I ran into, a friend of my parents when they were still alive – so that makes it what, about nine years since we had spoken. She stared me down like everyone still seemed to since the car accident and she told me I must be doing a lot better if my only problem was a loose dining room door. I was proud of keeping my house all pristine. I was raised in this house and even though I'm alone now, when my aunt moved in to take care of me throughout high school, I showed her my dusting and dishwashing, and even cutting the grass. The woman must have sensed my quivers though because she kept saying "Danielle you're still such a sweetie." Actually, it was only when the traffic light said "Go" that she pulled the handyman's business card from her purse, stuck it in my trembling fingers, and said "Good luck, I really mean it, good luck..." I put the card in my pocket without even noticing that Trey Booker was the handyman's name.

I called him that evening – "Just a few screws missing from the hinges...that's all." I told him. The handyman said he could come by noon on Saturday, "Just a few screws," I said again.

I heard a knock right on time. I opened the door and he stood there holding a big toolbox, smiling a huge grin. I knew that grin, I had gotten to look at it a lot throughout high school, even though I hardly knew him personally. I thought looking at that smile now, at least for a minute, that he might remember me too, at least vaguely. Trey, that was the Handyman's name on the card. We graduated high school together—Johnathen Hemmel Class of 2010, at least I had remembered.

I was quiet in high school, "depressed" the school counselor said. "It's the loss of Mom and Dad" the counselor said more. I stayed quiet, never raised my hand in class and shrugged when all the teachers quizzed me or a cafeteria worker asked if I wanted a chicken burger or meatloaf. When a friend from back in eighth grade came up to my locker and asked me for some lip stick, I shrugged her off too. "Hey Miss Invisible, enjoy life.." she signed in my yearbook right next to my other three acquaintances.

But everyone in our school knew Trey or at least who he was. A sports' star season to season, he could have been elected class president no sweat if he wasn't studying for valedictorian. Obviously he easily could have gone to college – state or beyond, which to people away from a coal town was a given. But where we live, if a boy had a high school diploma he was heading for the mines, getting dirty for the pittance that would leave you fixing doors on the weekend.

## **A Perfect Day**

*Joe M*

So it was. He found himself with "nothing" to do. Knowing this would find many at sea, but he dove into himself, finding a freedom he didn't know he possessed.

One minute cascading down a rapid river, while the next listening to the sweet silence of a snowstorm. He didn't feel it, but he wore a smile even the Mona Lisa herself would have been jealous of.

Suddenly, an alarm woke him from this state of bliss. Jumping from where he lay, he slid down a pole that had appeared before him.

His feet splashed down into a millimeter of water, and found sleep being left miles behind. Pistoning his arms, running was what he found himself doing. The smell of smoke was everywhere, so he knew he didn't have to run far for acts of heroism.

Pistoning legs soon brought him to a doorway. Recalling lessons learned so far before, he felt the door first, and hot it was. Kicking it open, he found his son and daughter, whom he soon whisked to safety. Hearing another cry for help, he ran back in, only it was his alarm, which he grumblingly turned off.

## **Untitled**

*By Mark S*

The spring has sprung  
The birds are singing  
The grass is growing  
And my heart is full of love.  
As I see the world around me change  
The thoughts of what's yet to come  
Dance through my head like some  
Body slam dancing me through a brick wall  
But I have to say the biggest change in my life  
Is the spirit of goodness I feel at HIRRS  
With all the smiles and friendly faces  
I see from clients to staff.  
It brightens my day from 9:00 to 3:00  
The help and support I get  
Each and every day.

# Reflections

## **The HIRRS Outings**

*By Kerem K*

These are some of the HIRRS outings that I've been on since the very beginning.

I really like going on the HIRRS outings since it gives me some new things to do. I've been on some of them, not all of them, and I'm going to list them in the order in which I've done them. This might be a very long, extensive list so just bear with me on this, but anyways here we go.

I've been on outings such as Tyson's Corner Mall in Virginia, Madame Tussaud's wax museum in Washington DC, and the Trolley Museum with Abe – we were alone by ourselves, just the two of us for that one, no other people joined us. I wanted to go back so my friend Kirk himself took me there, so I've been there twice. And I would like to go back for a third time. HIRRS clients also visited three used bookstores: one in Wheaton which I never knew existed until now. I didn't like it. It was very small, not enough space, but they did have a good selection of a few books which I managed to get my hands on. Second Story Books, and the Friends of the Library used bookstore in Rockville both have good space and a larger variety of books. I got some older Garfield books and quite a few others as well. Next up is the mini golf in Bohrer Park, and an upcoming trip to the swimming pool which is in the same area as well. I've been trying to get my friends from school to go with me to the pool but they don't want to go, so now I have no choice but to ask the people here at HIRRS if they would go and they agreed to go so now I'm happy that finally I got a yes to go swimming in Bohrer Park, especially since it's hot outside. We should go there in the summer before they close since they don't close until the end of August, close to September, according to the schedule hours on the website. I would also like to go to a Best Buy in Rockville since it's pretty close as well. They have a lot of cool stuff you can get there maybe we should go after swimming. If I do think of anything else in the future I'll definitely let everybody know. Thanks for reading.

## **Life Skills at Montgomery College**

*By Ben G*

I just finished the Life Skills course at Montgomery College in Rockville and I'd like to tell you about it. My class met three days a week—Monday, Wednesday, and Friday—for one hour. I learned a lot in the class. Some of the topics we covered were how to take care of yourself when you're sick, how to prepare for job interviews, how to budget your money, how to eat healthy, how to live independently, and how to be safe. My teacher, Mrs. Solyst, was very nice and helpful. I made some new friends and got to see some old friends in the class. It was a great class. I thought it was a lot of fun. I hope to take another class at Montgomery College soon!

## **Why I Quit Smoking**

*By Matt B*

Smoking!!! I knew it was killing me and I did not care. People would tell me to quit. That just pissed me off.

What changed it for me was the fact that I always felt like something was seriously wrong. It was the reality I could not deny. All of my "medical" problems added up to one huge mess! For starters, I could not breathe like I used to. I was usually out of breath or short of breath. I was always tired and never had energy. Cigarettes controlled my life, in terms of whether I was moving or crashing. Right after a smoke, I felt good for about ten minutes and then I'd start to feel bad again. This got worse until my next smoke. The only thing I could do then was to add even more cigarettes. Was that the right direction or the wrong direction? It did not seem to matter! So I was like, "Why am I doing this to myself?" I was sick all the time and I did not have money for the things I wanted and needed.

It came down to the quality of my life while I'm alive. I could overwhelm you with facts and numbers, but that's not my point. I'd rather live my life.

Smoking was bringing ME down. It was killing ME! It was turning people away from ME. Quitting became my only option. People just don't let you be an idiot. Everybody reflects on everybody else. They say, "No man is an island." Matt says to quit smoking.



# Exclusives

## Interview with Angela Williams *By Jason L*

I felt the need to challenge myself, so I decided to do my interview a little differently. Here is my interview with my therapist, Angela Williams, or Angie for short.

After all the pleasantries with Angie, I began to ask her questions. The first question that I asked was, "What is your job title?" This was a question that I should have known because I have worked with this lady for a long time. But I did not. She then wrote that she was a Licensed Clinical Professional Counselor. Well, that was a long title. My next question was, "Can you explain what you do?" She replied that she was a therapist. She helps people get through the issues in their lives. I must tell you; these questions are out of order because I am too lazy to order them, so please forgive me if it does not sound right.

I asked her where her office was and she wrote down Gaithersburg. I should have known that one because I go there, but I did not know it. She's a hardworking lady, but I also did not know what age groups she worked with, so I asked her. She then wrote down, "children, adolescents and adults (4-75)." That is a big age range. The question that came next was, "Where do you see yourself in a couple years?" She replied, "In a bigger practice with other therapists." Me personally, I do not like a lot of people, so I would not work well in groups because I hate groups (as people at HIRRS would tell you). Then I asked her if she liked her job and if she found her job interesting. She replied, "Very much. I get to help people every day." I guess helping people is very rewarding (grumble). I don't know. My next question for her was, "What are some stories that are interesting that you could share with us?" She then stated, "I worked with a little girl who was removed from her home and later reunited with her mother." That sounds cool, I guess.

I had two last questions to ask her. The first was, "What colleges did you attend and what are some of the classes you took to get this position?" She then wrote down that she went to Towson University for her Bachelor's and Hood for her Master's and Hopkins for her license in Psychology. Wow, that's a lot of courses that one has to take. My last question for her was, "How long did it take for you to get where you are now?" She wrote down that she went to seven years of college and two years of internships or 3000 hours.

In conclusion, me interviewing Angie Williams was very informative to me because I have been her client for a long time, but I did not know much about how she got to where she is. Now I think I'm done. Thank God for letting Elissa write for me and thank God for letting this whole thing work out for me. Be safe and have a nice day. The End.

## Cooking Group's Favorites

### Red Velvet Oreo Truffle Cake *By Patrick K*

Hello eaters and consumers. People would like the cake a whole lot more by reading the Recipe and tasting it. The reason for making the cake was for HIRRS picnic, but you can make it for any occasion. Tom, Claire, Patrick, Jason L, and Alex were the CHEFS. We made the cake with two layers, but the more the merrier. The cake was a success. I would use the cake again, especially for a lady. Here are a few of the ingredients you are to use:



- |  |                                 |
|--|---------------------------------|
| 1 box Duncan Hines Red velvet cake mix | 1 pkg Oreo cookies              |
| 1 ¼ cups water                         | 1 pkg instant pudding (vanilla) |
| 1/3 cup of oil                         | 1 8 oz pkg of cream cheese      |
| 3 eggs                                 | ½ cup of butter                 |
| 1 cup sour cream                       | 1 ½ cup of sugar                |
| ½ cup chocolate chips                  | 1/3 cup evaporated milk         |

#### Instructions:

1. Preheat oven to 350 degrees F. Grease sides and bottom of pans.
2. Blend together cake mix, oil, water, eggs, sour cream and pudding mix. Beat for 30-35 seconds.
3. Bake for 30-35 minutes (or until a toothpick inserted comes out clean). Baking time may vary based on size of pan.
4. Crush Oreo cookies and stir in cream cheese until blended. This will be a very thick "filling".
6. After cake has cooled, spread filling between layers as you stack.
7. In a sauce pan over med heat, melt butter, sugar and evaporated milk.
8. Bring to a rolling boil for 1 minute and stir in chocolate chips.
9. Remove from heat, pour over cake and garnish with chocolate chips!

### Duncan M.'s Crab Potato Skins *By Duncan M, Typed by Trish D*

I had a brain blast to cook up some potato skins and told people in Cooking Group. We looked it up on the computer and there it was. We had a lot of fun making them. We work well together. There are five of us and we all do well at making the stuff. At this Cooking Group there was me, Ben, Tom, Claire and Brittani. We meet on Thursday to decide what we want to make on Friday. Usually we pick something good. Thank you.

- |                               |                               |
|-------------------------------|-------------------------------|
| 8 whole potatoes, well washed | 1 bundle of celery            |
| 1 small jar of jalapeños      | 1 bag of diced cheddar cheese |
| 1 bundle of green onions      |                               |

#### Recipe:

1. Preheat oven to 350. Wash potatoes well, wrap in foil and place on metal rack. Put in oven and cook for one hour and thirty minutes.
2. When done, take out of the oven. Take the aluminum foil off. One at a time, place on cutting plate, cut potatoes in half.
3. Scoop out the fat of the potato and put the fat in a separate bowl.
4. Slightly mash potatoes up.
5. Cut up onions and celery fine. Place in potatoes.
6. Take one small jar of jalapeños and place in potatoes.
7. Once you have everything in, stir it up well.
8. Take a spoon and scoop potatoes in the empty skins.
9. Cook approximately one and a half hours.



*Patrick K & Jason L*

# Extras & Activities



By Tim C

## Happy Birthday HIRRS!!

Happy Birthday to the  
April, May & June babies of  
HIRRS!

Abe C - April 11  
Brandon W - April 30  
Onekia K - May 10  
Justin S - May 11  
Tim C - May 15  
Nick M - May 18  
Marie D - May 24  
Debbie W - May 27  
Maggie H - June 6  
Sarah G - June 8  
Kerem K - June 9  
Svetlana G - June 10

Thanks to Ben G for suggesting two new additions to our newsletter: birthday shout-outs and a mad lib. Have fun adding new words to "The Turkey Squabble", a storyline clients developed in newsletter group.

## The Turkey Squabble

It was the night before \_\_\_\_\_ and I still needed a turkey.  
(Holiday)

Then I went to \_\_\_\_\_ and I went to the \_\_\_\_\_ where there  
(Noun-Place) (Noun)

was one, \_\_\_\_\_ turkey left and another man \_\_\_\_\_ that  
(Adjective) (verb ending in ing)  
turkey. Somebody's got to get that \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ turkey  
(Three Adjectives)

so I tried to \_\_\_\_\_ it before he did. As I went for it, I got an  
(Verb)

\_\_\_\_\_ to the \_\_\_\_\_ from my opponent. So I \_\_\_\_\_ the  
(Body part) (Body part) (Past Tense Verb)  
turkey at his \_\_\_\_\_ and he fell to the ground. As we were  
(Body part)

\_\_\_\_\_, a \_\_\_\_\_ walks up and takes our turkey and says, "You  
(Verb ending in ing) (Noun)  
\_\_\_\_\_!" Now I'll just have to go to \_\_\_\_\_ for another turkey.  
(Plural Noun) (noun- Place)

## Thank You Notes

In Media Group, participants were asked to write thank you letters to someone who they had not taken the time to thank recently. Here are those letters:

To the staff and clients at HIRRS:

I would like to just say Thank You for being there for me as well as for providing me with your support and good cheer. Your care and support has been a blessing to me and I am truly grateful and thankful.

Horace B

I would like to thank all the various doctors, nurses and therapists I've encountered along my journey. The positive and negative have played off of each other. Sometimes the most disappointing and gut wrenching lows have translated into the most extreme gains.

Matt B

Dear Friends at HIRRS,

Thanks for helping me and being my friends. You are my buddies.

Love,  
Ben G

Dear Chuck,

Thank you for being my best friend. Thank you for being there for me. I like how you and the rest of society keep me alive.

Your friend,  
Daniel M

A Sincere Thank You

While I've been doing my part in rehabilitating myself, you have given me the proper guidelines because you understand all about TBI. You know about neurotherapy and its effects, so nothing about my changing behaviors surprised you. You, along with my parents, understand what sparks my interests and are able to incorporate them into the program.

Trish D

Thank you very much to HIRRS. You have been very kind to me.

Thanks again,  
Patrick

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