

The HIRRS Circulator

July 2015, Issue Fifteen

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Hola!

Welcome to the summer! Let's go swimming! Summer has come, and the heat is on! This summer, we here at HIRRS are looking forward to having a great time outdoors and trying to recover from the frigid winter. This edition of the newsletter is very special because it is our 15th issue! In this issue of the newsletter, we will tell you about our summer plans, what is new at the Day Program, and our adventures in the HIRRS garden! We hope you enjoy this very special issue of the newsletter, and have a great summer!

Warmly Yours,

The HIRRS Circulator Staff



Happy Birthday to all of our April, May, and June babies!

Brandon W. – April 30
Justin S. – May 11
Tim C. – May 15
Nick M. – May 18

Marie D. – May 24
Mark S. – June 21
Lisa N. – June 23
Mirko N. – June 28

What's New at HIRRS?

We have two new speech interns helping us out this summer! They are pretty cool and interesting so we decided to interview them for the newsletter. Their names are Ina and Chantae. We hope you like the interviews!

Interview with Ina

Where are you from?

I am from Quito, Ecuador.

What college did you go to?

I went to Penn State University for my undergraduate degree and now I go to Howard University, where I am getting my graduate degree.

How did you hear about HIRRS?

My school has created a relationship with HIRRS and now sends students to intern here. I had never heard of HIRRS before being placed here but I am very glad I am here!

What is your goal in interning at HIRRS?

My goal is to impact people here in a positive way, help further develop language skills, and gain knowledge and experience from every person here.

What do you like to do for fun?

I like to hang out with my friends, take pictures, and play soccer.

Do you have any pets?

I have two dogs. Both are German Shepherds.

If you had to go anywhere in the world where would you want to go and why?

I would love to go to Australia. Ever since I was little I have had a fascination with going to Australia and going snorkeling in the Great Barrier Reef.

Who is your favorite author and what is your favorite book?

Dr. Seuss is my favorite author and my favorite book is *Homeless Bird*.

What is your favorite sport and who is your favorite team?

My favorite sport is soccer and my favorite team is Barcelona Sporting Club.

What kind of music do you like and do you play any instruments?

I like all types of music except heavy metal. I played violin for 5 years.



Chantae and Ina, our speech interns

Interview with Chantae

Where are you from?

I am originally from Florida. I moved to DC in August 2014.

What college did you go to?

Howard University. Go Bisons!

How did you hear about HIRRS?

Through my supervisor at Howard.

What is your goal in interning at HIRRS?

To learn strategies that work best in fostering communication and cognitive skills in the adult TBI population. Also to see whether this is truly a population I would like to work with.

What do you like to do for fun?

Bike ride, go sightseeing, I'm trying to learn how to navigate through D.C., and gardening.

Do you have any pets?

Yes, our toy poodle, Sphinx.

If you had to go anywhere in the world where would you want to go and why?

I would go to Greece because I like mythology and Santorini is beautiful.

Who is your favorite author and what is your favorite book?

Still looking. Any suggestions?

What is your favorite sport and who is your favorite team?

I really don't have a favorite. Whatever is on, I choose a team and cheer.

What kind of music do you like and do you play any instruments?

I love Soca music and can play the tenor steel drum.

News from the Day Program

Garden Update

By Dave H.

For the garden at plots 39 and 44 at Parklawn Community Garden, we have our own little section squared off. In our section, we grow peas, lettuce, spinach, potatoes, beans, tomatoes, zucchini, carrots, peppers, okra, and bush beans. Occasionally we have people from the other Day Program, Brooke Meadow, help us out. We do weeding and watering.



The HIRRS Garden

BBQ Recap

Jason P.

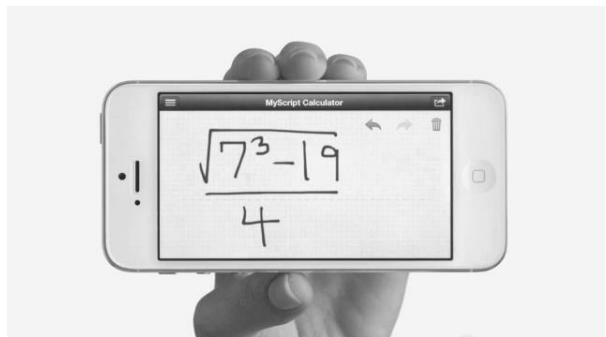
Not long ago we at HIRRS had a BBQ at Brooke Meadow. We had hot dogs, chicken, fruit salad, and much more. We had a softball game going on. We at the HIRRS Circulator and other clients and staff were there. I hope you enjoyed my article about the BBQ and I'm looking forward to other adventures we go on so I can tell you about them! I hope you are as excited as I am. Enjoy the rest of your summer!



Softball at the HIRRS BBQ!

MyScript

As an alternative to the calculator on his phone, Paul M. sometimes uses an app called *MyScript Calculator* to quickly work out math problems. He writes on the screen with his finger and the app automatically converts his handwriting to text and does the calculation. It's a free app for Apple and Android phones and tablets. Check it out!



MyScript Calculator App

Newsletter Reflections

Since this is our 15th edition of the newsletter, we decided to reflect on why we enjoy putting the newsletter out there for you to read. It is special to us because the HIRRS newsletter belongs to us. The newsletter is unique because it happens nowhere else in the world. We enjoy putting the newsletter together because it allows us to think back on all of the things we are doing here at HIRRS, and it allows us to share those cool things with you, our readers! The best thing about making the newsletter is knowing that our readers enjoy what we can write and share with everyone. We hope you enjoy our reflections on this very special part of HIRRS!

I like being in a group newsletter picture, and I like writing about my trips in the newsletter. I really like being in the newsletter group, and I like writing about when I went to the Washington Nationals opening day game.

-Eric M.

Things I like about the Circulator: I like how it helps us brain-injured under the shelter and care of us, clients. I like the consistency of the newsletter coming out every few months because it helps me to have a guidance tool to the outside world. I like that it helps our families find out about what's going on with us.

-Dave H.

We have come to the 15th issue of the newsletter! We do interviews and we write about where we have traveled on our community outings. We showcase talented artists, writers, and the clients' knowledge of music, television, and more. So if you ask me about what I like about Newsletter Group, between the team of staff and clients, the newsletter will be known nationally as the best newsletter across the land. With special thanks to Sophie for being behind our success.

-Mark S.

Joining the newsletter team was quite fulfilling! As I progress, it is evident in my writing. I notice all the previous going ons, even if I didn't remember them!

-Trish D.

What we like about the newsletter is that it informs us about what is going on at HIRRS. It helps us with our brain injury because it reminds us of all the awesome things that go on at HIRRS. My favorite part about the newsletter is the art section. I also like that the newsletter helps with our memory of the events that go on at HIRRS.

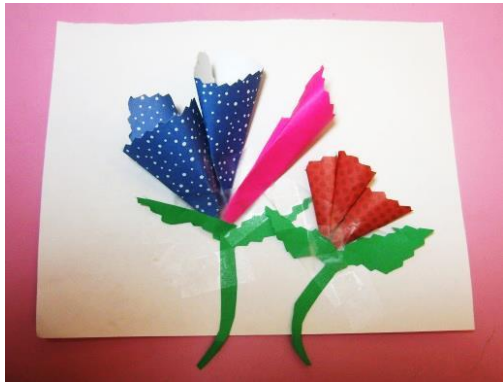
-Daniel M.

Things I like about our newspaper: I like solving problems about where we are going to put certain content for the newsletter. I like when we get to write about our brain injuries. I like writing horoscopes.

-Kimberly K.

Creative Expression

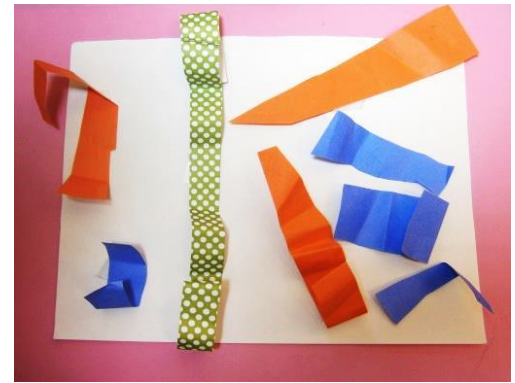
Appreciating all summer delights, group participants talked about different ways to create 3-D flowers. It's amazing how different the pieces are, as different as the artists themselves!



"Wild Flowers" - By Trish D.



"A Beautiful Day" - By Marie D.



"Cause and Effect" - By Jermaine L.



"A Lovely Summer Day" - By Mark S.



"Season Changes" - By Nick M.



"The Fifth Czar's Garden" - By Ian C.



"A Flower Well Built" - By Svetlana G.



"Jurassic Dandelion" - By Dave H.

Participants of Svetlana's Creative Expression Group discussed the use of the word "*extreme*" which is enjoying *extreme* popularity these days. We seem to have *extreme* EVERYTHING. The assignment to take an everyday experience and make it *extreme* fits well with humor, and HIRRS clients are known for their keen appreciation of hilarity and laughter. You have to agree, whatever their pick, they made it funny in the *extreme*!

Sun Tan in the extreme

By Dave H.

There once was this fellow who liked to bathe in the sun. His name was Gerard Pumpenstickler, now not only did this guy like to get a sun tan, but he liked to do it in the extreme. Whenever he got home off to the side of the house, he decided to catch some much needed Vitamin D. He would sit under the sun all day long that the sun was out. As long as it was sunny he didn't care whether it was raining or whatever. He was out there getting some sun. About 6, 7, or 8 months outta the year in and he started to look like a raisin already. He even got his friends and family to start tanning as well. So not long after that it became fashionable to be tan. Leather was becoming more stylish as well as prunes. Coffee was growing in popularity. Five years from that date, Gerard caught a case of skin cancer and died doing what he loved: catching rays.

Showering to the Extreme

By Mark. S.

I know a guy named Bob who liked to take showering to the extreme. He took 50 showers a week. He found nothing wrong with taking 50 showers weekly. Bob didn't think about having a job, friends, food to eat, or refreshments. He only thought about his extreme showering. But before you judge Bob, his extreme showering got him started with his own group Extreme Showering Incorporated. He is now married with six kids and, yes, they all shower 50 times a day. It made him a billionaire because of his business booming and the attention he received. The moral of this story, I guess, is don't judge a book by its cover.

Extreme Make-up Application

By Trish D.

I spend THREE HOURS on my make-up *EVERY DAY!* I have a special part of my room created for the process; I call it "*the extreme beauty nook.*" I apply a **plethora** to my face *EVERY DAY!* I wear make-up everywhere, even in the shower and to the gym! I think I'm extremely addicted to it. I'm a make-up - holic!

Cereal to the Max

By Nick M.

I remember very much when I was a boy liking cereal to the maximum efforts. When I got up in the morning, I always wanted a bowl of delicious, satisfying cereal to the extreme. It tasted so sugary, sweet and there were many different kinds. Before I went to school in the morning, I had a nice routine on what kind I had. On Monday morning, I had a bowl of Cinnamon Toast Crunch and enjoyed the sweet taste of the yummy squares. On Tuesday, I liked to have Frosted Flakes. Come Wednesday, I liked Honey Nut Cheerios. On Terrific Thursday, I liked Honey Bunches of Oats. Honey is very addictive. The end of the week was extreme. On Friday, I would mix the five cereals together!

Extreme Recycling

By Jermaine L.

James always wanted to call himself the king. Being the best in whatever he did alone or in competitions in school. Academically or in sports. And recycling was the challenge that gave him the most competition, with classmates, family, and friends. So after he came across anything that could be recycled, he recycled it. Even his parents knew that they had their hands full. So until James comes across his next fortunate and/or unfortunate extreme challenge, King James and his family's house would be known as the recycling kings.

Special Note from Svetlana:

Because members of the Creative Expression group were so *extreme* in writing their extreme stories, we could not fit everyone's stories into this issue of the newsletter. Stay tuned for more extreme stories in the next newsletter!

Outings Recaps and Other Activities

The Avengers: Age of Ultron Review
By Mark S.

If there's one word I can use to start this review of the Avengers: Age of Ultron, it would be awesome! On May 1, 2015, HIRRS clients and staff saw Captain America, Iron Man, The Hulk, and Company kick some serious butt! The stunts were awesome in this movie, and there were times you thought the Avengers might not get out alive. All I can tell you is this movie is a must see, can't miss movie for everyone!



HIRRS staff and clients at Strathmore

Goddard Space Flight Center
By Daniel M.

Listen up everyone, this article is on the Goddard Space Flight Center. The Space Center was so cool. There were very old space rockets outside. On the inside, there were a lot of cool exhibits with a lot of cool facts and artifacts on them. My favorite exhibit was the static electricity exhibit. If you touched it your hair would stand straight up on your head! That's all folks. It was a blast.

Recent Outings	
April 2	Bowl America
April 10	Wheaton Mall
April 15	Frederick Keys Baseball Game
April 22	Movie – The Fast and the Furious 7
May 1	Movie – Avengers: Age of Ultron
May 6	Joe's Record Paradise
May 12	NASA's Goddard Space Flight Center
May 22	BBQ at Brooke Meadow
May 29	Picnic and Sports in the Park
June 3	Lunch and Bauer Community Drive
June 25	Strathmore



Sean S. and Daniel M. playing air hockey at Bauer Drive Community Recreation Center

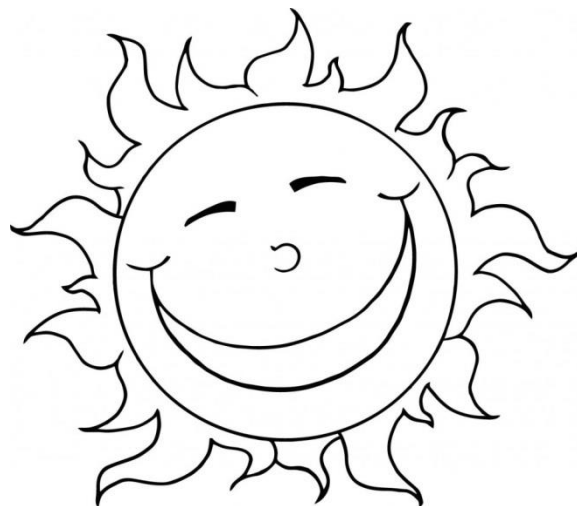


Mirko N. and Jason L. play a rousing game of Chess at the BBQ at Brooke Meadow!

Summer Plans

I really can't foresee the future, although for the summer ahead I imagine many beautiful, gorgeous, happy days with scorching heat and so many vacations. One vacation to Washington State, thereafter swift to Hawaii to visit my dad and his new wife and their mansion where I don't have a room so I'll have to sleep in the living room. Regardless, it is not about where you are, it only matters the people you're with. Every day will be new and exciting this summer and I can't wait!

-Dave H.



I took a break from HIRRS this summer. I went to North Carolina at the end of June, and I went to Boston, Massachusetts during the 4th of July weekend. I came back to HIRRS on Monday, July 6, 2015. I am helping my mom and my uncle rebuild a house at Shady Side. I have been doing that over the weekend and cleaning the house.

-Eric M.

This summer of 2015, I went to Williamsburg on June 19th and came home on the 21st. I went with my dad and stepmom. We saw the outdated towns of Williamsburg, Jamestown, and Yorktown. I am also taking a field trip this summer with my mom and stepfather to the Chesapeake Bay for the day and we are going to relax and enjoy the sites. I am going to sign up at the neighborhood pool and go there to work out and relax.

-Danny M.

My summer plans are as follows: 1. Being at HIRRS, 2. Being my creative self at HIRRS. 3. Trying to be outside as much as possible enjoying the sun (when it's out). 4. Watching a lot of baseball, and hoping the Orioles get their act together. 5. Hoping the summer never ends because we all know what that means, don't we!

-Mark S.

I will now write a little about my plans for the summer. I first want to get my health back to an okay level. I plan to go for a lot of walks around Park Avenue apartments. I want to get better so that I don't have to use my walker. I'm going to go to the pool and lift some weights.

-Nick M.

This summer in August I am going to the beach, and some of my family and I are going to our house in Rehoboth, Delaware. I was already in Tennessee weeks ago for a friend's wedding. I'm going on another vacation soon, this time it's for me and I have absolutely no clue where we are going! So in my closing words, take care, all the best, and please enjoy the rest of your summer!

-Jason P.



Advice Columns

Dear HIRRS Circulator Staff,

I'm trying to do my thing. I want my own space. I'm tired of living with roommates, so I'm trying to get a job and get an apartment. If I can get a job, I can find an apartment and pay my rent. What should I be doing to find a job? Is it reasonable for me to be looking at all?

Sincerely,

Freedom Seeker

Dear Freedom Seeker,

We all want independence. Your expectations are not unreasonable. Strive for your goals. We suggest following your schedule at HIRRS, to practice being responsible and listening to guidelines. These skills will help you in your work. To find a job, you might try classifieds in your newspaper, looking online, or walking into a store and asking if they have openings. You'll never know, unless you ask. If you do find a job, stick with it, even if it's giving you trouble. You need to be responsible and keep up with your financial obligations. If you need the job to pay your rent, then you need to keep it.

We wish you all the best in your search!

Sincerely,

The HIRRS Circulator Staff

Dear HIRRS Circulator Staff,

I've been single for a while now, but I would like that to change! I've recently become interested in someone, but I don't know how to talk to them or approach them. Should I become friends first with this person? Should I ask them a lot of questions? How do I build up the confidence to talk to them?

Please help,

Shy One

Dear Shy One,

First off, be patient. You don't want to scare this person off or make them feel uncomfortable. If you aren't friends already, it is best to become friends first with this person so you can both be comfortable with each other. If you are already friends, and you feel comfortable enough to talk to this person about your feelings, then be honest with them and see where it goes.

Best of luck to you!

The HIRRS Circulator Staff

Dear Advice Givers,

I seem to have a problem with smoking cigarettes and I want to kick that habit. I see people smoking around me all the time and it drives me crazy because I am trying to stop smoking myself and it is hard to when everyone around me is smoking. I've tried doing the patch and gum but it just doesn't seem to work. So what else do I do?

Yours Truly,

Just Can't Quit

Dear Just Can't Quit,

Smoking is the hardest habit to quit, but quitting smoking is the smartest thing you could ever do for your health and your appearance. Smoking can cause cancer, emphysema, dental damage, gum disease, and it can turn your skin yellow. Not to mention bad breath. It sounds like you're trying a lot of different things to quit smoking, but you need to focus on the benefits of quitting smoking and maybe taking up a healthier habit. If you live in the area, there are a number of a smoking cessation classes you can take, including one very nearby at Shady Grove Hospital. Best of luck to you!

-HIRRS Circulator Staff

Extra! Extra! Read All About It!

Second Life

By Paul M.

Hello everybody, my name is Paul. I would like to introduce you to a fun game I play called Second Life. I find it very fun and entertaining. I started playing approximately 3 years ago and I spend between 2-3 hours playing each day. Second Life is a free game; however, it is better to have an account with a credit card so you can purchase things. Second Life is a way to meet new people, escape your world, and have fun. Essentially, you have 2 lives so that is why it is called Second Life.

It is pretty simple to get started but here is a little how to. First, you sign up through secondlife.com and create an avatar along with a name. You also need to download the Second Life viewer. Your avatar can be an animal, a person, a robot, or a neko. You may be wondering what a neko is. It is half human half animal. Next, you go through a tutorial that explains to you how to work your avatar and you choose where you want to live. You can choose any occupation or you can create your own job. The money in Second Life is called linden or lins for short. You can buy houses, cars, clothing, guns, shoes, animals, planes, etc. with the linden. In Second Life, it is a role play meaning the avatars try to act as if it's real life. For example, the police officers have codes you have to enter throughout the day. The codes are similar to the codes police officers use in real life. Also, the avatars can get married and have children. The parents have to feed the babies, change their diapers, and take care of the babies as if it's real life so the children do not get sick.

Let me tell you a little bit about my second life. My name is Big P Dark Owl and I live in Limerster Valley. I am a lieutenant but I had to work my way up the ranks to get my current position. I started off as an officer and I got promoted to a sergeant quickly because I was always excelling at my job. The only downfall of my current job as a lieutenant is all of the paperwork. If there is a fire and I get there first we have to find the cause of the fire and document it. I am married, have kids, and am a dog owner on Second Life. I am currently renting a home in Limerster Valley, which costs \$3000 linden each month.

I like Second Life because it takes me away from the real world into a world I can do anything I want. I don't have to be in a wheelchair. I can walk, drive cars, boats, helicopters, and can be a cop. The graphics are amazing and it's a great way to meet people from all over the world. I have met people from Iraq, Ireland, Russia, and Germany. It's a good way to expand your knowledge and it also teaches you how to budget.

I play Second Life at home in a computer room. I have a desktop computer, headset, a keyboard, and a mouse. I have a headset so I can talk to the other players on Second Life and not have to type. The headset feature is good for people with traumatic brain injuries because some people don't have use of their extremities. The keyboard is useful as well because it is good practice for typing and reading.

