

The HIRRS Circulator

July 2016, Issue Nineteen

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Words from the Circulator Staff:

Hello,

Here comes the sun! Bask, baby, bask! Summer is here and HIRRS is just as hot and happening as always! We have yet another Circulator here for you to peruse, full of treks about town and displays of art created back at the Day Program. We have some art from **Svetlana's** Creative Expression Group and some new pieces from **Tiffany's** Art Group!

With summer in full swing, many of us have traveled to interesting places, turning the globe. We welcome you to check out what we have been up to and read some original writing by clients! As always, thanks to our contributing editor, **Katie Y.**

Have fun reading,
The HIRRS Circulator Staff

Summer Sudoku



Every row, column and mini-grid must contain the letters **SUNBATHER**.
Don't guess - use logic.

		T	H	E	N	R		
	E	U	R		B	H	T	
		E		N		U		
B	T	H		U		S	R	N
		A		S		B		
	H	S	A		T	N	U	
		R	N	B	S	E		

Happy Birthday: April, May, June

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

Who's New at HIRRS?

Interview with Erika & Liz

How do you like working at HIRRS?

Erika: I love working at HIRRS, it is a great internship opportunity for Speech Pathology students.

Liz: I love it! It's always fun to get to know new people and I am learning so much.

What college did you go to?

Erika: I went to Towson University to study Speech Pathology. Go Tigers!

Liz: I went to Temple University studying Psychology and Howard University for Speech Pathology.

What is your favorite thing to do at HIRRS?

Erika: My favorite thing to do is Cooking Group.

Liz: My favorite group to facilitate is Music Group, it's a group that everyone can get involved in.

What relationships in your life are important to you?

Erika: Family is one of the most important things for me, especially my relationship with my mom!

Liz: Family and friendships are very important. I also have two god-children, Rowan (5) and Kaya (3).

What's your favorite hobby?

Erika: I love to go to the beach! I would love to spend most of my days there, if possible.

Liz: I love running. I even have competed in a half-marathon! I also like salsa dancing!

Do you like to travel? Where have you traveled to?

Erika: I love to travel, especially to Florida, California and Virginia.

Liz: Of course! My favorite destination is Ecuador

Can you give us an adjective to describe yourself at work?

Erika: If I had to choose one word to describe myself at work it would be *professional*. And... *awesome*, obviously!

Liz: I would choose *excited* and *bubbly*!

We have two new Speech Interns to welcome to the program,

Erika and Liz.

We are excited to learn more about these ladies! Let's see what they said in their interviews.

Below: Mark S. & Liz, our interviewer and interviewee!



Below: Danny M. & Erika, our interviewer and interviewee!



News From the Day Program

What's What in the Day Program

The clients were asked about their opinions of the Day Program. Let's see what they thought...



Above: Marcia Y., Ben G., and Mirko N. playing Uno together during some down time.

“My favorite groups are Brain Gym and Wellness Group; they are fun groups to have! I prefer smaller groups because there is more time to dedicate to each client.” - **Eric M.**

“I enjoy playing chess with **Mirko N.**, one of our volunteers. He is excellent at the game and is willing to share his knowledge.” - **Mark L.**

“Just like childhood—my favorite group is Lunch Group.” - **Nick M.**

“I love Creative Expression Group because it makes me think ‘outside the box!’ I enjoy using my creativity in small groups.” - **Trish D.**

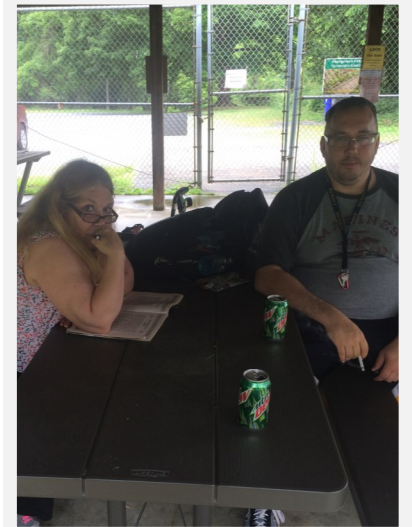
“My favorite groups are Art Group, Music Group, and Film Group!” - **Katie Y.**

They're at it Again!

The Gardening Group is back in action with the warmer weather heating up!

Studies show that gardening lowers the levels of stress in our body!

Having too much stress can cause weight gain, interfere with learning and memory, and increase the risk of depression and heart disease, among other things. Just 30 minutes or so of gardening can help control your stress levels. **Danny M., Jason P., Quinn H., Liz K. and Denise R.** are just a few clients that have reaped the benefits of gardening at our community plot. We are very excited to see what vegetables they bring back to share with



Above: Denise R. and Danny M. taking a well deserved break after gardening.

Top Left: Quinn H. tending to the pea plants.

Bottom Left: Jason P. and Quinn H. working hard to keep everything nice and tidy!

Outings & Activities Recap



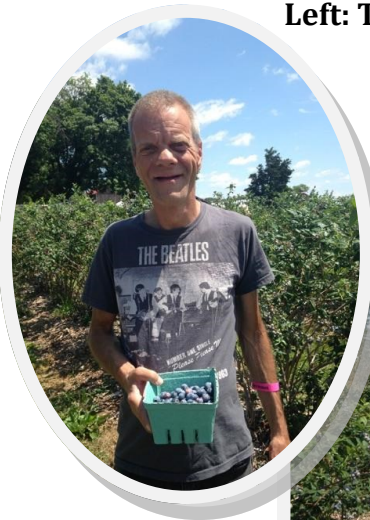
Left: Liz K. keeping cool at a Frederick Keys baseball game. Don't ask her the score—she's reading.



Right: Andre B. Taking in the fresh air at Lake Needwood with "Bob" the bear—they go waaaaay back.

Recent Outings

Picnic at Lake Needwood	Apr 21
Movie: The Jungle Book	May 4
Frederick Keys Baseball Game	May 12
Brookside Gardens	May 27
Kaleidoscopes at Strathmore	June 2
Frederick Keys Baseball Game	June 7
Friends of the Library	June 17
Games at the Park	June 24
Butler's Orchard	June 30

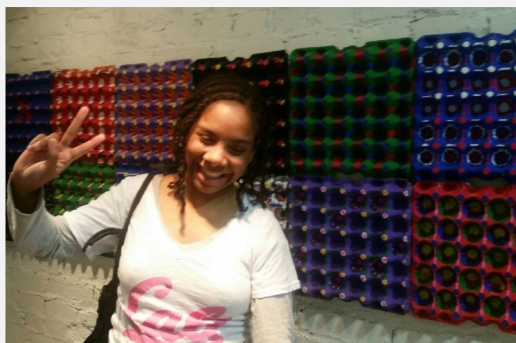


Left: Tim C. enjoying the weather and blueberry picking at Butler's Orchard.

Below: Katie Y. and Danny M. showing off their bounty!



Right: Marcia Y. spending time out in the community at Delaplaine Visual Arts Center.



Left: Marc L., Jason P., and Katie Y. spent a sunny afternoon playing basketball at the park.

Summer Reminiscing

We asked clients to describe the perfect dream vacation. Let's see what they came up with!

"I would go to Hawaii (no passport required!) for three weeks with my little brother, Max! We would try to stay for as long as we could." - **Nick M.**

"I would travel to Japan with my mom and Alex and we would only stay for three days. We could go shopping and swimming!" - **Katie Y.**

"The most perfect vacation would be to travel to Buenos Aires with my father. We would take pictures and drink coffee together in perfect 70° weather." - **Ian C.**

"My Trip to the Sunshine State" - Jean C.

Last month I went to Florida for my brother's wedding. My uncle who lives in Miami picked me up from the airport with my family. It felt so nice and warm. We went to church on Saturday, and the "big wedding day" came on Sunday.

The wedding was beautiful, especially the singing. My brother and his *now*-wife said, "I do" and just that fast I got a new sister-in-law. What a trip!

Dog Day Dreams...

"I relax in my chair outside in the sunshine after freezing my rear end off in the winter" - **Mark S.**

"Eating ice cream and hanging out with friends." - **Danny M.** "Taking very long walks for my health." - **Nick M.**

Elks Lodge Charity Golf Tournament

The Washington-Rockville Elks Lodge held their Annual Charity Golf Tournament in May, designating HIRRS as one of the recipients of donations. We were overwhelmed by their generosity as they presented Rick Hunter with a check for \$8,800! Our gratitude goes out to all of the donors and attendees of the tournament. The Elks Lodge is also a place where many of our clients like to go and get lunch. It is a great way for them to work on money management and gain some independence. We are very grateful to have this business so close to us!

List of Donors: Charles Alba of *Spire Investment Partners*, Mr. & Mrs. James Austin, Judy Black, A.J. Cole of *Cole Funeral Services*, Mark Duarte of *Eagle Mat and Floor Products*, Patrick Enderson of *OSINT Solutions*, the Fraternal Order of Police No. 35, Don Hershey of *Fisher Lumber*, Curt Kendall, John Laskin of *State Farm Insurance*, John Lawson of *Lawson Construction Company*, Mr. & Mrs. John Lenahan of *Kingswell, Inc. / Airease*, John Loudon, Mr. & Mrs. James Murphy of *Steel Products, Inc.*, Diana Patton of *Turf Center*, Mr. & Mrs. William Rafferty, Saul Ewing, Brian Schindel of *Glenmont A/C & Heating, Inc.*, Priscilla Schwab, John Shoemaker, John Shrum, Jeff Smith of *Electrical Wiring Ltd.*, Pat Smith and last but not least, Mr. & Mrs. Art Walker.



Above: (left to right) Billy Rafferty, Rick Hunter, Tim Sonley, & Jim Austin.

Not pictured: Debbie Grygier & Carol Austin

Creative Expression

Participants of *Svetlana's Creative Expression Group* were asked to write a very short poem about summer that would reflect a wavy format that was chosen for this page. Can you

“Summer Blues”

relate to these warm memories of being young, carefree and happy with yourself and the world around you?

Flying high... blue sky...togetherness...lots of love...infinity...family...happiness...joyful memories —
MARIE D.

Summertime... looking for aid in shade, in drinking no water just lemonade... remembering the good old days... only being a memory that comes and goes away — JERMAINE L.

Summer days go by...as I get older I see my life like a home run hit at Oriole Park...sun beating on your skin, sand in between your toes...it's great to be alive for me and you — MARK S.

It was a nice seventy-five degree day...I was hanging outside in the sweet month of May... Waiting until I get my pay from my part-time job that I picked up around my way — NICHOLAS M.

Beach...suntan lotion...ocean breeze...cotton candy...swimsuit...surf board...summer friends...short books...flowers...light colored clothes — TRISH D.

The heat of the summer...what a great feeling basking in the sun...the best part is the cool of the evening, watching the sunset while sipping on a chilled drink...summer life, there's more like it! — JEAN C.

When the kids who are eight stop swinging at eight, it's still light outside as sounds end and just yellow bugs sit on the screen of your open window, there to look at for a long time turning on and off. Until you fall asleep. This time of year always with your eyes open unlike when it's Xmas, or your Feb. birthday — IAN C.

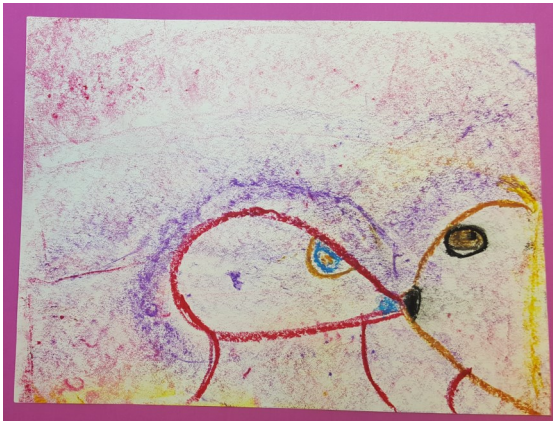
Summer blues, greens and whites...endless sky, the sea of grass, laughing daisies — SVETLANA

Creative Expression

The members of **Svetlana's Creative Expression Group** studied several abstract paintings by Rolina van Vliet that contained abstract shapes of people and talked what messages, emotions or symbols can be represented by this artistic approach. The group really let their imagination fly when they drew their pictures and when they interpreted each other's art.



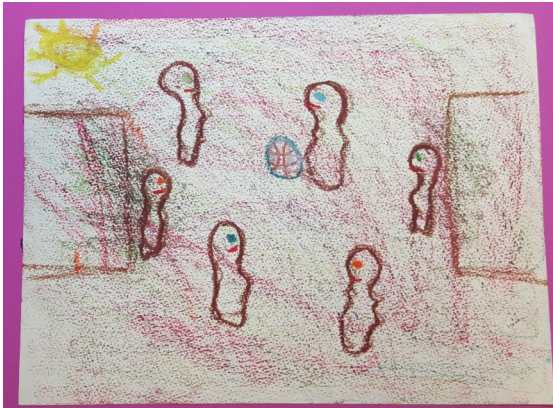
Right: "Happiness" created by **Trish D.**



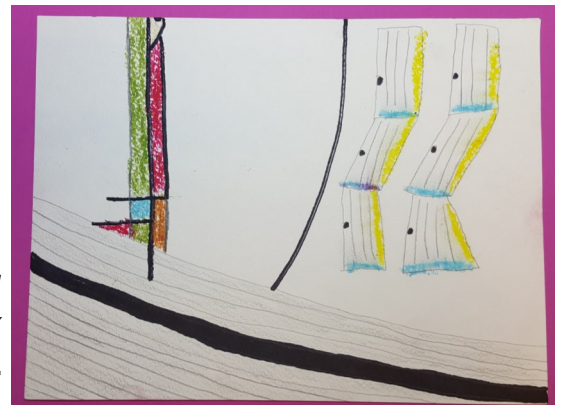
Left: "Love in Strange Places" created by **Mark S.**



Right: "Rise and Fall" created by **Nick M.**



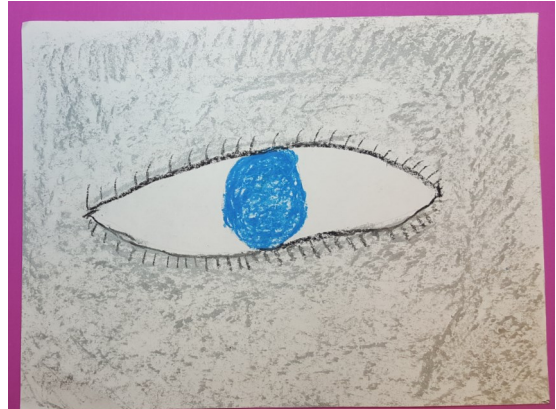
Left: "Fun in the Sun" created by **Marie D.**



Right: "Opening Doors" created by **Ian C.**



Left: "The Mystery of Beauty" created by **Jean C..**



Right: "Somebody's Eye" created by **Jermaine L.**

The Best of Art Group

Tiffany's Art Group is designed to be a therapeutic and relaxing environment where clients can express their creativity and artistic skills. Using materials such as clay, paint, markers or even foil, clients are able to leave group with their very own masterpiece. Below are some examples of the best of Art Group!



"Despertar La Primavera (Spring Awakening)" - Johanna G.



"Summer Wonders" - Katie Y.



"Lily On Water" - Lisa N.



"Self Portrait" - Liz K.



"Life Through My Eyes" - Marcia Y.



"Sunset on the Horizon" - Christina C.

Where Are They Now?

Former Client Update

Kerem K. spent nearly 8 years at HIRRS and we recently caught up with him at MacDonald's to wish him a happy birthday! He brought a stack of the old newsletters along with him (we're glad someone's reading them!) and we reminisced about many current and former clients and staff.

Kerem did an internship at NIH with Project Search and graduated last summer. He continues to participate in Jubilee activities and was eager to recommend that HIRRS check out some of his favorite trips, including Luray Caverns, Mount Vernon, Busch Gardens and Williamsburg, as well as Tyson's Corner and Montgomery Mall.

Before getting on the metro to catch the train home he wanted to send a big shout out to everyone at HIRRS. It was great to see him again and we hope it won't be long before we catch up again!



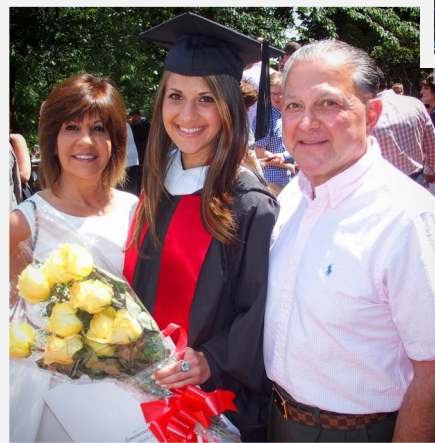
Former Staff Update



Above: Former Day Program staff member, **Sophie** and hubby **Eric** finally tied the knot! What a Beautiful bride!



Right: One of our former speech interns, **Chauntae** recently graduated from Howard University, President Obama even gave a speech!



Left: One of our former speech interns, **Jenna** recently graduated from the Univ. of Maryland. Now she works at a private practice in Laurel!

Opinion Editorials

Thoughts about traveling...

Clients were asked what they would bring if they could only bring three items on an African Safari.

“I would bring water, a radio, and a Jeep.”

- **Danny M.**

“I would bring binoculars, a safari hat, and a water canteen.” - **Katie Y.**

“I would bring water, food, and a good novel on an African Safari.” - **Marc L.**

“I would bring clothes, my medicine, and a hair brush. I wouldn't be caught dead without a hair brush.”

- **Trish D.**

“I would make sure I brought a tour guide, a pocket translator, and my medication.” - **Ian C.**

Let's get creative...

Clients were asked to design a pretend HIRRS summer camp. Let's see what it looks like.

“We would have some thrilling activities: bungee jumping and rollercoasters.”

- **Jason P.**

“We would offer tons of ART! It is good for the brain, according to the Washington Post.” - **Trish D.**

“We would go to fancy restaurants for dinner, making sure we are eating healthy.” - **Nick M.**

“We would offer classic school yard games, like red rover, red rover!” - **Ian C.**

“We would offer a campfire in the woods and swimming at a water hole.” - **Katie Y.**

“We would listen to campfire stories and build a tent.” - **Eric M.**

Thoughts on politics...

Clients were asked about the importance of voting and how they are informed on politics.



“Voting is important for everyone. It's our right.”

- **Andre B.**

“I learn about politics from reading the newspaper and watching the news.” - **Jason P.**

“I do read about politics in the newspaper, but voting is not important to me”

- **Nick M.**

“I watch debates! Voting is a good thing because you are standing up for what you believe in.” - **Danny M.**

News from Brooke Meadow

The Brooke Meadow Day Program is happy to share their exciting happenings. They are always out and about, it's amazing how creative and active they are!



Above: Mark K. making a very intricate dish with unique handles. Hopefully he enjoyed the finished product!



Many clients participated in a pottery class, look at their beautiful creations!



Right: Felix K. showing off with his brand new homemade mug!



Right: (left to right) **Felix K., Mark K., Wallace R., John S., Denise R., and Bernice W.** celebrate **Danny M.'s** birthday on May 10th. It's always nice to have friends around for birthday celebrations. He even looks very pleased with his cake... maybe a little bit more frosting next time!



Far Left: Trish B. and a staff member **Adwoa** enjoying the weather on their trip to Harper's Ferry.



Left: Danny M., Bernice W., and Wallace R. strike a pose in front of White Hall Tavern during their trip to Harper's Ferry.

Extra! Extra! Read All About It!



“Echelon Excellence” - **Ben G.**

The Echelon Academy is a Private School, I work as a library aide at their library. There are lots of books there: children’s books, graphic novels, mystery books and so many more! I was responsible for logging in so many books and finding the ISBN in the back cover and in the front cover. Did you know there are over 10 steps that go in to logging books? I have logged 1,176 books at Echelon Library this year! The school also has a mascot, *Pepper*, who is a black lab dog! My favorite part of working for Echelon was looking for some books that I liked. One challenge that I would like to work on when I come back to Echelon in the Fall would be using the computer more to log in even more books!

“The Gypsy Teller” - **Danny M.**

I was interested in my future, so I went on YouTube and looked up a Gypsy fortune teller. When I clicked on the program, the fortune teller started to talk to me. She said my future looked good! She summed everything up and said to stay away from evilness (good advice). She said many good things were to come for me, now and in the future. She even said I am being rewarded because of what is going on in my personal life.

“The Western Frontier” - **Mark S.**

The mountains you can see for miles as they surround you.

They welcome you to a land far, far away, where the sun shines brighter than it has before.

Where there’s no pain, no rain, and every one is calm with no strain.



The trees and grass are as tall and beautiful, and families see the joy.

Being together watching their children laugh and play with each other, only love.

If there is a place like this...sign me up! And I will be there mind, body, and soul.

HIRS SPOTLIGHT

One of our clients, **Liz K.** participated in this years Special Olympics 2016 Summer Games at Towson University. She participated in two events that weekend: Bocce and Dance! **Liz K.** participated in doubles Bocce with a team. We are so proud of Liz and her accomplishments!

The Summer Games had an opening ceremony for it’s athletes and volunteers and a closing ceremony to celebrate!

The Summer Games had over 1500 athletes, 500 volunteers and 400 coaches.