

The HIRRS Circulator

December 2017, Issue Twenty-four

Words from the Circulator staff:

To Our Devoted Readers,

Thank you for taking the time to read our newest issue of *The HIRRS Circulator*. We have enjoyed the cooler weather that fall has brought us so far, hopefully we will see snow this winter. In this issue, we have a very special project from the members of **Svetlana's** creative expression group, which they are very proud of! We hope you enjoy the **24th** issue of the HIRRS Circulator.

The HIRRS Circulator Staff

Inside this issue:

Letter from Circulator Staff	1
Group Highlights	2
Outings & Activities Recap	3
Who's new at HIRRS?	4
News From the Day Program	5
Creative Expression Group	6-7
Art Group	8
Volunteering Update	9
News from Brooke Meadows	10



Happy Birthday: October, November, December

Paul M.—October 16th

Christina C.— December 18th

Ian C. —November 12th

Tim S.—November 7th

Daniel M.—October 31st

Marcia Y.— December 21st

Desmond O.—November 5th

As The Leaves Turn: Group Highlights

Newsletter Group: Clients were asked what they love most about fall!

"The leaves." -Gary A



"Running cross country." -Eric M



"I love when the weather gets cooler."
-Steve S

"Raking the leaves!"
-Katie Y

"Going crabbing."
-Andrew K

"Halloween!"
-Jason P



"People are just as happy as they make up their minds to be."

What are your thoughts about this quote?

A person's mind holds the key to happiness in everyone, but everyone's brain defines happiness differently.

-Andrew K.

Excerpt from Philosophy Group

Clients were asked about a topic that is controversial in sports.

Do you think it should be required for athletes to be chipped for drug testing? Is it an invasion of privacy?

Yes, so the athletes can know who is doing what and it can also enhance their playing potential.

-Ray G.

Excerpt from Sports Group

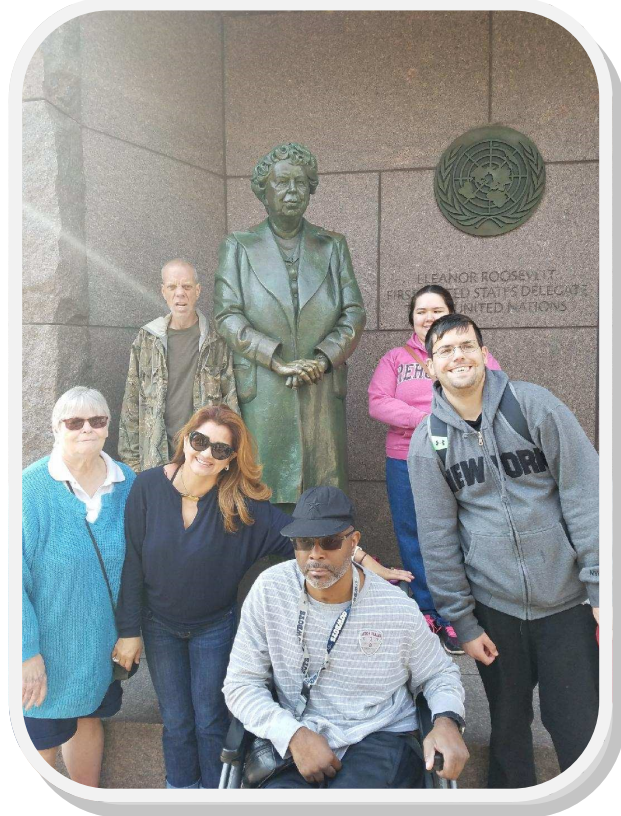
Outings & Activities Recap



Above: Ben G., Katie Y., Danny M., Jason P., & Sheri went to the Homestead Farm in Poolesville to pick pumpkins!



Above: Lynette M. celebrates after rolling a strike!



Left: Tim C., Katie Y., Jermaine L., Eric M., Sondra, & Carol visited the FDR memorial back in November.

Recent Outings

American Made Movie	10/3
National Museum of Health	10/11
Homestead Farm	10/19
Noodles & Company	10/23
FDR Memorial	11/3
Bowling of America	11/16
Holiday Shopping	12/14
Friends of the Library	12/20
Star Wars Movie	12/20

Who's New at HIRRS?

Find out some interesting facts about our new staff members!



- ◇ **Do you have any hobbies?** *Wenmo:* I play the guitar. *Yakun:* I love to travel around the world!
- ◇ **Where did you go to school/study?** *Wenmo:* I studied psychology at McMaster University in Ontario. *Yakun:* I went to Beijing University of Technology, where I studied English.
- ◇ **What is your favorite thing about working for HIRRS?** *Wenmo:* Getting to meet all of the clients who are unique in a sweet way. *Yakun:* Gaining experience of being a rehabilitation counselor.

- ◇ **Where is your dream place to live?** Italy, because my family is from there.
- ◇ **Who is your favorite band and/or singer?** I would have to say Rod Stewart & Guns N' Roses!
- ◇ **If you had to choose one meal to eat for the rest of your life, what would it be?** Sushi because I don't ever get tired of it.



- ◇ **Who is your favorite band and/or singer?** Bruno Mars.
- ◇ **What is your favorite book/movie?** My favorite movie is "Whatever happened to Baby Jane."
- ◇ **If you could meet a famous person, who would it be?** The Rock!



News From the Day Program

The HIRRS Annual Holiday Party



Left: Ben G., Eric M., Wallace R., Danny M., & Janet tearing up the dance floor! I think **Eric and Wallace** spent the most time dancing by far.

Right: Marcia Y. & Buno feeling the beat during a slow paced song.



Thank you to the Elks Lodge for hosting the annual holiday party once again!

We have new groups in the Day Program!

Sports Group:

Many clients in the HIRRS day program enjoy discussing sports! In this specialized group, clients get to talk trivia, history, facts and anything sports related. Activities in this group can include critical thinking about sporting events, completing sports-related puzzles, and participating in sports discussion.

Current Events Group:

This group was created out of client curiosity for current events. This group encourages clients to discuss local, national and global events currently taking place while also touching on past events. It focuses on the clients' communicating skills which allow the clients to participate in group discussions and group debates. Through newspaper readings, internet news articles and television clips of current news, the clients will be able to grasp a better sense of what is going on in the world around them.

Creative Expression

The People Behind The Masks

Participants of Creative Expression Group began a long-term project of creating masks that represent them. Group members were encouraged to think how they want to be seen, what hidden feelings, past life events and hopes for future better reflect their personalities. The project will take a significant amount of time to complete as it is planned that eventually all clients, not just group participants, will make a mask. But can you envision how magnificent the gallery of masks will look representing creativity, thoughtfulness and courage of people at HIRRS? I can!

-Svetlana



Christina C.



Andrew K.



Nick M.



Trish D.



Jermaine L.



Jeffrey Q.



Matt B.

Creative Expression

"I am..."

Members of Svetlana's group were asked to compose poems that started with the words "I am." The resulting verses are as diverse as the people who wrote them but they all are insightful, honest and imaginative.

I am a chameleon.
I change colors according to my mood.
As some around me are predators.
Others are trapped as food.
I am beautiful,
As pretty as can be.
While some like my colors,
There should be a viewers' fee.

Trish D.

I am a person knowing his place.
I feel my independence and freedom
Have been taken from me.
A bird with wings that are clipped.
A desert without water to drink.
A big whale with no food.
Winter time with no heat.
I don't have much of anything.
I am a person who doesn't have dreams any-
more.

Jeffrey Q.

I am a man that has had his ups and his
downs.
But life has been good all around.
If I could go back and change what then I
couldn't foresee,
I would not be the person I was truly
meant to be.

Jermaine L.

I am a very happy person
Like a nice beautiful spring day.
A free spirit flying like a bird
Chirping loudly.

Christina C.

I am like a bobcat.
I keep trying to come back
In the act.
Please don't try to distract.

Nicholas M.

Art Group & Updates!



Left: Danny M., Jeffrey Q., Katie Y., Alex C., Lisa N., & Liz M. showing off their hard work in Art Group! This tree will be used to decorate the office for the upcoming holidays and events.

Current Staff Update



Above: Day program staff member **Ashley** got married in October! Congratulations !

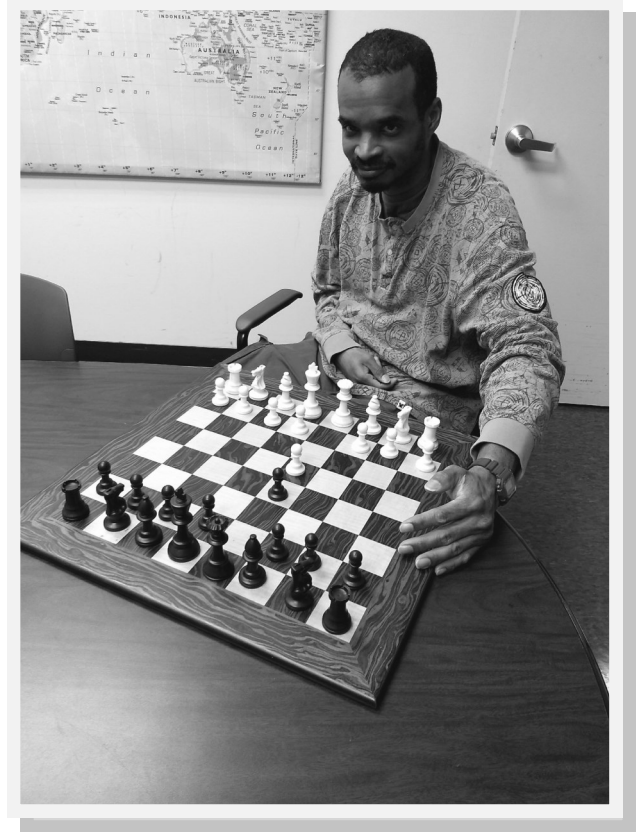
Right: Day program staff member **Zach** and IT Specialist **Khan** taking home first place in their respective weight classes at a local powerlifting meet back in December.



Volunteering Update

Congratulations to **Nicholas McGuthrie** for his new job with Silver Knights Chess Enrichment as an instructional chess aide. **Nicholas** works at several schools around Montgomery County helping students from kindergarten to 2nd grade to learn to be the best chess players they can be! Great Job **Nick!**

Returning to work or starting out in the workforce can be an exciting experience but it can also bring about a lot of questions. What do I put on my resume? What do I say in my interview? Where should I apply? The vocational department also has questions about how to explain gaps in employment and how or if one should disclose to their potential employer or current employer about their brain injury. Disclosing a disability is not for everyone and in a lot of cases with people HIRRS have worked with; individuals do not know their rights and are afraid that disclosing could impact their job prospects. The vocational team at HIRRS can help with questions you may have about disclosing and even help you practice how and when you disclose.



Here are a few things you should know:

1. You are the only person who can decide when, if, or how to disclose that you have a disability. It is a personal decision and you should be in control.
2. You are not required to disclose that you have a disability. However, should you need an accommodation there could be a reason to disclose.
3. During the whole employment process from applying to a job to getting hired, you can disclose at any time.
4. You do not have to go into your whole medical history when you disclose. Keep it brief and relevant to the job.

If you have questions about disclosure and employment there are resources available: Job Accommodation Network has great information on Disclosure at <https://askjan.org/topics/discl.htm>

News from Brooke Meadow

Right: Bernice W., Trish D., & Janet picking pumpkins and squash on a nice fall day! Looks like they enjoyed the sunny day.



Left: Wallace R. & Madeline celebrating his birthday with cupcakes and staff at Brooke Meadow.



Right: Jason P., Denise R., John S., Bernice W., enjoying a crisp, cool day on a boat tour/lunch cruise on the Potomac river in December., just in time for Christmas!

