

The HIRRS Circulator

Words from the Circulator staff:

May 2017, Issue Twenty-two

To Our Devoted Readers,

Thank you for taking the time to read our newest issue of *The HIRRS Circulator*. We were thankful for what little snow we had, but we are excited to wish you a happy spring. We have many artistic works to share and we hope you enjoy reading our creative writing excerpts.

Yours truly,

The HIRRS Circulator Staff

Inside this issue:

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



Happy Birthday: January, February, March

Eric M.—January 3rd

Payman J.—January 29th

Ben G.—January 16th

Denise R.—February 25th

Andre B.—January 28th

Sam M. —March 18th

HIRRS Happenings!

Clients wrote about their fondest April Fool's Day memory...

"...When I used to play hockey in Canada, I told a friend of mine that the game was in Montreal, instead of Vancouver. The team ended up being eliminated because the guy never arrived for the game."

- **Jason P.**

"When I worked in a cancer research lab we played pranks on a colleague. We filled a vile with ketchup and cranberry juice instead of blood. I told the colleague I was thirsty and couldn't wait, so I drank the vile. We were all holding back laughter!" - **Ian C.**



The earliest recorded April Fool's celebration began in 1932. In 2002, NASA posted a picture of the moon reporting it was made out of cheese.

What's your biggest concern about climate change?

"Climate change comes gradually, I am worried about how the earth will be affected long term." - **Ian C.**

"For the most part, I am worried about farmers and their food/crops." - **Jermaine L.**

DID YOU KNOW?

More than 100 billion pieces of junk mail are delivered in the U.S. each year.



What do you love most about nature and Earth?

"Everything!" - **Andrew K.**

"I like to watch nature cams—sometimes you even get to see a baby bird hatch from it's egg!" - **Steve S.**

"I really appreciate the beauty that nature provides." - **Jermaine L.**

Mother's Day Poem by Trish D.

"My mother is a God-send,
never slapping my rear-end!
She would do anything I asked,
no matter how much she loathed the task!

My mom is great
and I am lucky to
bestow such a fate!"



A Mother's Love by Mark S.

"A Mother can and should be loving, caring, and willing to kiss your tears away.

A mother should be able to listen to you when times are tough,

A mother is the hardest working human being at home and out in the community,

On this Mother's Day, make sure you tell her thanks, and 'I love you for all the things you've done for me.'"

News From the Day Program

What's sprouting in the garden?

There is exciting news in Gardening Group this season! One of our newest staff members, **Sheri** will be assisting the gardening group with her wealth of knowledge. **Sheri** has a degree in horticulture and is sure to wow us with her understanding of garden cultivation and management.

Clients started this season with seeds ...



Far Left: Katie Y. and Left: Ian C. are watering the sprouts until they are ready to be planted (below)



Outings & Activities Recap



Above: Katie Y. enjoys the tour of the Kennedy Center. Each of the rooms were decorated with gifts from various countries.

Below: Mark S., Payman J. and Andrew K. get with the Frederick Key's Mascot "Keyote" the Coyote!



Below: Many HIRRS clients enjoy the lunch trips, especially this trip to Joe's Crab Shack!

Recent Outings

Planetarium Air & Space	Feb 17
Joe's Crab Shack	Feb 23
Kennedy Center Tour	Mar 07
Longwood Community Center	Mar 13
Movies: Logan	Mar 16
Teppanyaki Grill & Buffet	Mar 22
Frank Sinatra Tribute Show	Mar 27
Movies: Beauty and the Beast	Mar 29



Who's New at HIRRS?

Find out some interesting facts about our new staff members!

- ◇ **Where are you from?** Zach: I was born in Columbia, Maryland. My family and I currently live in Hagerstown, Maryland.
- ◇ **You mentioned that you played sports. Can you tell us more about that?** Zach: I did wrestling and ran track and field. I ran the 100 meter and 200 meter dash. My biggest sport was baseball; I was an outfielder. I played baseball for about 10 years!
- ◇ **Where did you go to college?** Zach: I went to Frostburg State University, where I majored in Psychology.
- ◇ **Where do you see yourself in 5 years?** Zach: My goal is to get my Master's Degree in Sports Psychology. I would like to have my own practice working as a consultant to athletes struggling with motivation and mental blocks behind competing.
- ◇ **What would your dream field trip be?** Zach: I would take clients to the Baltimore Aquarium.
- ◇ **If you could meet a famous person dead or alive, who would it be?** Zach: Sigmund Freud.
- ◇ **What do you like to do in your spare time?** Zach: I enjoy powerlifting and reading about psychology and sports!



Interview conducted by Ian C.

VOCATIONAL SPOTLIGHT

In this newsletter's vocational update, let's work on exploring what motivates you. Of course, extra money in your pocket is a great first motivator for wanting a job. However, you may soon find out that money is not the only motivation needed to help you keep, and succeed in a job.

So when thinking about your motivations for work start thinking about the following:

- ◇ What type of work you'd like to do?
- ◇ Who you would like to work with?
- ◇ Where you would like to work?
- ◇ What responsibilities would you like to have?

Examples: helping others, change and variety, working alone, fast pace, stability, excitement, working with others, influencing others, recognition, independence, time freedom, working under pressure, creativity, competition.

There are many motivations out there; you just have to find right ones for you!

Creative Expression

Participants of **Svetlana's** Creative Expression Group talked about life as a collection of moments that excite or comfort us, frighten or encourage, sadden or make us happy. Maybe it's moments we try to forget or maybe it's moments we like to revisit again and again...good or bad, they make up our lives and make us who we are. We hope these thoughtful poems make you think and remind you to appreciate life and everything it has to offer.

Memories come and go.
They disappear like the winter's snow.
But some last
Like me being stabbed so fast.
It was twenty years ago.
I still remember how life
can go
Out in a minute.
So, please, try to stay in it.

*** - **Nicholas**

I don't know about most,
But my days roll on by me.
So much change,
That's good or bad.
But at the end of the day,
There is realization:
There are achievements.
There are positives that outweigh negatives.
So I grin and bear it and hold on
For the crazy roller-coaster of life.

*** - **Christina C.**

Seeing my son walk for the first time
After encouraging him he could do it.
Frustrating as I know it is for him
Just like it was for me at that age.
No matter how bad it felt
Seeing tears of frustration and confusion,
Keep encouraging him to get back up
And to try again.
Having short memory at that age,
He kept having his ups and downs
Until he ran up to hug and kiss daddy Jermaine.
A frustration worth the wait.
The wait he may not remember
But I will never forget.

*** - **Jermaine L.**

Love can be between two people
Or it can be learning how to love oneself.
Moments in time can start a friendship
And last for a lifetime.
You just have to be watching out for them

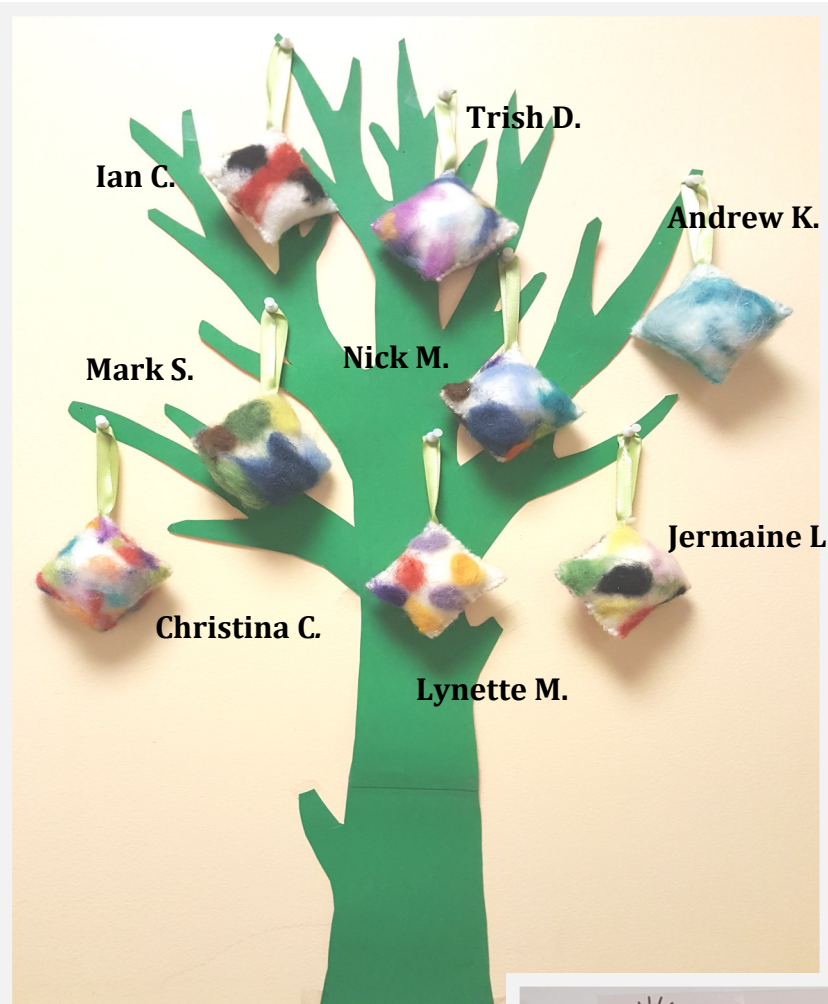
Because if you are not careful,
You might miss your moment in
life.

*** - **Mark S.**

I am an ocean.
My waves are fleeting.
Sometimes crazy,
Sometimes serene.
All in my splendor
When I am calm.
But it's choppy
When I am mean.

*** - **Trish D.**

Creative Expression



Featured Below: Clients were asked to draw abstract human faces on translucent vellum paper. As the individual drawings overlap, it creates the effect of united community.

From top right: Jermaine L. "Blockhead", **Trish D.** "Transition", **Nicholas M.** "Two Sides To Each Story", **Andrew K.** "Roboman", **Mark S.** "Like a Day at the Beach". **Center - Christina C.** "Girl In Love".

This project is one of my favorite. I can easily imagine it being displayed in some museum. So proud of you, guys! - **Svetlana**

"Face to Face"

Featured Above: The members of the Creative Expression Group were so excited that the spring has arrived that they decided to have a piece of it right here in our Day Program office!

This blooming tree is decorated with "spring ornaments" which are made from wool through needle felting process.

The names of the artists are listed next to the individual projects.



Creative Expression

Featured Left: “Love Is In the Air”

This project was actually an assignment for Problem Solving Group. The participants (**Marcia Y., Lisa N. and Christina C.**) were instructed to use foil, napkins and invisible tape to create a Valentine’s Day poster. Amazing result, don’t you think?

Again, thanks to **Christina C.** for a perfect title! —**Svetlana**



Featured Right: “Beautiful Disaster”

The title of this creative work (thanks to one of our group members, **Christina C.**) reflects it well. I can only add that it was great, unrestricted fun to create this beautiful disaster.

—**Svetlana**



Volunteering Update

Our clients are so excited to share their experiences volunteering out in the community. Check them out!



Left: Ben G. volunteers at the local JCC selling challah bread on Fridays!

Right: Katie Y. Volunteers at Interfaith Works Clothing Center organizing donations.



Below: Andrew K. works weekly at Red Wiggler Farm as a garden volunteer!



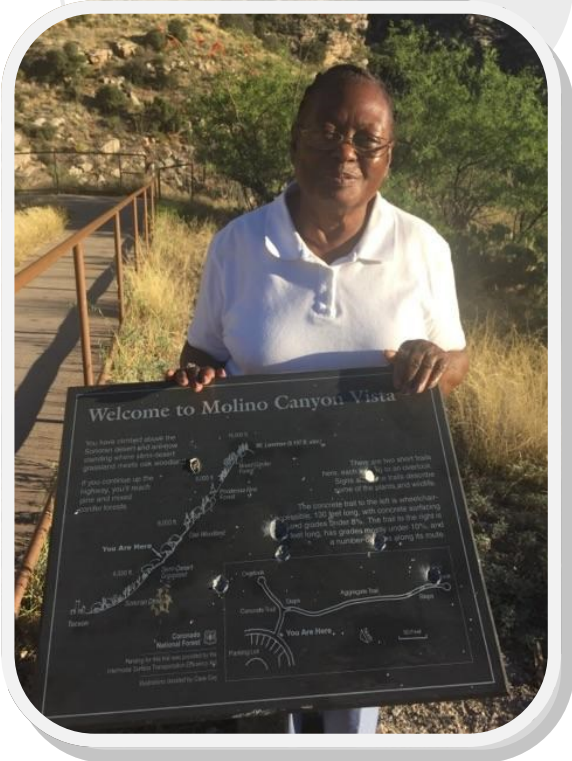
Below: Marc L. volunteers at Great and Small Horse Farm. He helps clean out the stalls and also gets to ride horses!



News from Brooke Meadow



Above: Denise R., Jason P., Bernice W. and John S. are enjoying a boat lunch cruise in April. The weather looked perfect!



Top Right: Bernice W. is officially a world traveler! She enjoyed her trip to Arizona; she even saw the Grand Canyon!

Bottom Right: The crew enjoying a nice picnic!



Left: Danny M. Taking a break from dancing at the African American Festival.



The Brooke Meadow clients are always out and about, taking in culture and having new experiences!