

# The HIRRS Circulator

September 2017, Issue Twenty-three

## 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 enjoyed this blistering summer it had to offer, but we are ready to welcome the cooler weather that fall will bring us! We have many artistic works from **Laura's** art group and creative projects from **Svetlana's** creative expression group to share. We hope you enjoy the **23rd** issue of the HIRRS Circulator.

The HIRRS Circulator Staff

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### Happy Birthday: June, July, August

**Lisa N.**—June 23rd

**Carrie P.**—July 13th

**Mirko N.**—June 28th

**Jermaine L.** —July 14th

**Katie Y.**—July 9th

**Jason P.**— August 16th

**Trish D.**—July 12th

# Sweet, Sweet Summer!

## *My Trip to Boston*

"I visited my brother, sister-in-law, and their two daughters I flew to Boston with my mom and sister-in-law. Family was able to pick us up at the airport . My sister, Claire, came later that Friday night, then she went home Monday night. My mother and I flew back home late Wednesday night. I want to go back to Boston, I had a lot of fun there with family. " - Eric M

## **From mosquitoes to fireflies, summer is bug season. Do you have any bug related memories or knowledge?**

"My buggy memory was when I was bitten by so many mosquitoes that my back looked like a tack board."

- Jason P.

"It depends on the species of insects and their host plants. The incoming population drastically changes according to seasons, temperature, etc. My buggiest memory is working at Brookside Gardens." - Andrew K

**Clients were asked to choose five words to describe their summer.**

Let's see what they wrote!

*Fun*

*Swim Suit*

**SUNSHINE**

**Flip-Flops**

Traveling

WATERMELON

Sand castles

Fires Flies

**SLEEPING**

**Relax-**

Beach Hat

*Humidity*

Gardening

**Write about a ship that you could take anywhere.**

"When I read 'ship,' I think of a 'spaceship!' I am not an astrologist, but different galaxies have different creatures from Earth. I would prepare for discovery."



## *My Aussie Adventure*

"Australia is an amazing place. It took more than 13 hours to get to there! While I was in Sydney, I went to the famous Sydney Opera House. I also went to Brisbane and Melbourne during my trip. "

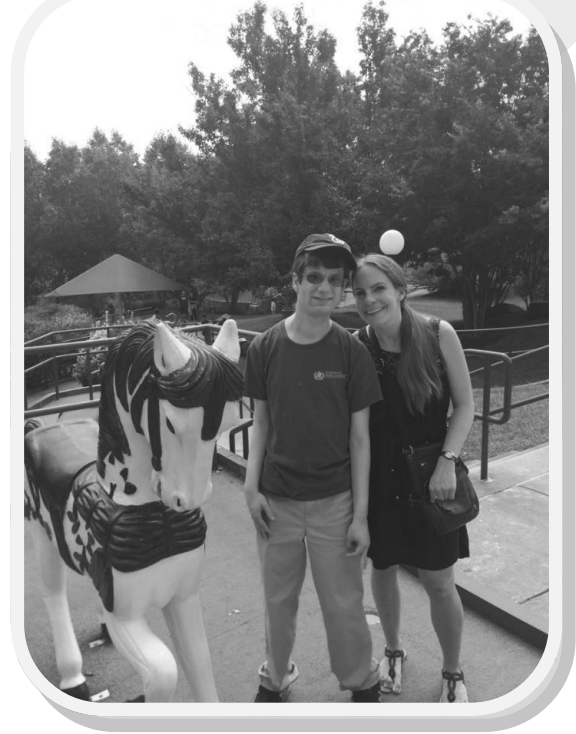
- Liz K



# Outings & Activities Recap



**Left: Liz K. & Kelsey** spent time watching a baseball game at the Frederick Keys Stadium.

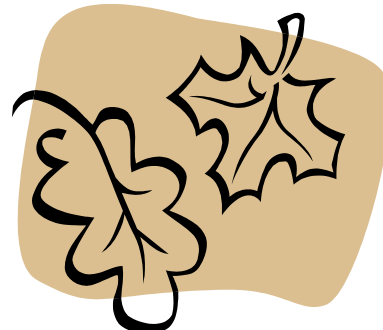


**Above: Ben G. & Laura** at miniature golf in Gaithersburg.

## Recent Outings

Cherry Blossom Festival	4/4
Frederick Keys Game	4/12
Brookside Gardens	4/18
Franciscan Monastery Tour	5/2
The Strathmore Mansion Tour	5/18
American Indian Museum	6/22
Peach Picking at Larriland Farm	8/1
Montgomery County Fair	8/15
Miniature Golf	8/24

We were fortunate here at HIRRS to have had a pleasant summer and enjoyed all of the outings! Everyone is ready for the cooler weather and the many festivities that come with the fall season!



# Who's New at HIRRS?

*Find out some interesting facts about our new staff members!*

\* **Where are you originally from?**

Kendall: Bear Creek, PA — “Pee-Yaa” as we call it.

\* **Where did you go to college?**

Kendall: I did my undergrad at Widener University where I majored in Anthropology. I earned my Masters of Applied Anthropology at the University of Maryland.

\* **What are your hobbies?**



Kendall: I'm really interested in sports and exercise! I like to run, hike, play beach volleyball and soccer.



◆ **Where are you from?**

Shanna: I am originally from New Jersey.

◆ **What are your hobbies?**

Shanna: Grilling, spending time with my grandkids, & reading!

◆ **How have your previous experiences helped at HIRRS?**

Shanna: Being a mother and a nursing assistant to the elderly has taught me how to be patient.

◆ **Where did you go to college?**

Laura: I received my bachelor's degree in communication sciences & disorder from James Madison University. I received my master's degree in speech pathology from the University of Tennessee.

◆ **What do you like to do for fun?**

Laura: I love to play instruments (piano, banjo, cello, guitar), run, & rock climb! I also love to draw and write.

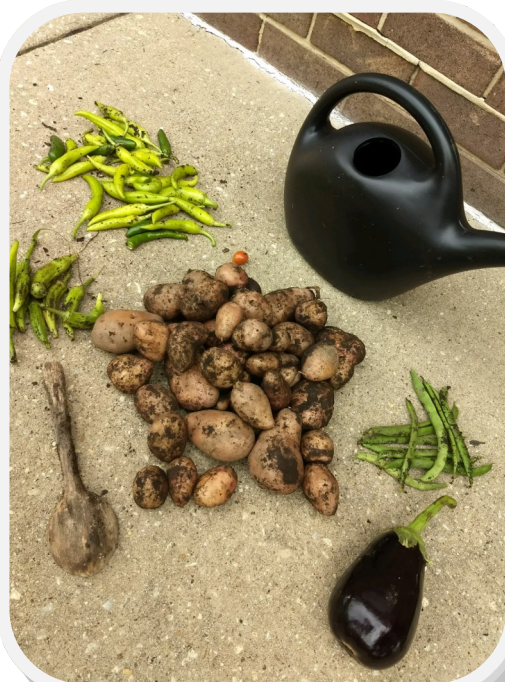
◆ **What's your favorite part of working here at HIRRS?**

Laura: I love working with all of the clients and getting to know everyone. Going on the outings is also something that I love!



# News From the Day Program

## Garden Update



This has been a great year for our community garden! Despite our troubles with a diligent groundhog, this year's garden was still a success! We were able to harvest juicy eggplants, sturdy potatoes, sweet and spicy peppers, long pole beans, plump carrots, tender okra, and heads of broccoli. Thank you to Sheri and the garden group for all of their hard work in their weekly weeding, watering and harvesting to keep the garden in tip-top shape!



## Cooking Group



Clients have the opportunity at HIRRS to improve their planning and cooking skills with 'grub' club and cooking group!

In grub club, they research recipes and later they create the meals they planned.

**Left: Ray G.** showing everybody how to cook steak for a sub.

*Hello Readers!*

*I want to thank everyone who has congratulated me on my new title as Director of Rehabilitation. With Robert's departure, I know I have big shoes to fill, but I am excited to bring some new changes and also keep some of Robert's policies like an open door rule. Whether it is a new group idea, a change you'd like to see, or you just want to chat, please come in! As a team, we will continue to provide high quality services to our clients and my goal is to make us the leader in day program services for adults with acquired brain injuries.*

*Sincerely,*

**Tom Kravulski, M.S., CCC-SLP**  
**Director of Rehabilitation**

# Creative Expression

*Participants of Svetlana's Creative Expression Group are known for their fabulous sense of humor. Enjoy their parody on this year's movie "Wonder Woman."*

## **Super Animals Save the World!**

### **Wonder Dog**

During the day, this simple dog named Buddy likes to eat his dog food, play outside and walk with his master. But when the lights go out, all of a sudden he turns into "Buddy The Wonder Dog" fighting for the Metropolitan Washington area, taking on the people who abuse dogs. But as the sun rises, he goes back to "Buddy The House Dog."

**-Mark S.**



### **Wonder Monkey**

Once upon a time there was an adorable monkey that protected people from harm's way and helped to save the world with his cuteness. He had a gun attached to his tail and used it to fight off the evil things in the world. The Wonder Monkey also had a twinkle in his eye that could charm the pants of anyone! But the best thing was that he was really good communicating with the young kids. He would hide every night at a different kid's house either in the closet or under the bed so that the kid wouldn't fear the unknown. He was like unpaid babysitter!

**-Christina C.**

### **Wonder Badger**

The world seems to get worse daily. So, in addition to watch dogs, we might start seeing watch badgers more and more often as new protectors. Don't be surprised when you spot a policeman or a policewoman with a badger. Those wonder badgers can fly, too, making the world safer.

**-Jermaine L.**

### **Wonder Hamster**

There was a little boy named Maxwell who lived in Silver Spring, Maryland and who liked hamsters. He had the whole family of them: mother hamster named Emily, father hamster named Mike and a very smart and energetic baby hamster named Tommy. One day, Maxwell's friend Sarah told him that her pet hamster was ill. So, Max and Sarah took their hamsters to a vet and he used Tommy's blood for a transfusion for Sarah's hamster who recovered right away! Several weeks later, Sara's parents got some kind of very serious disease like AIDS. So, Sarah told them about Tommy, and their physician decided to take a risk and use Tommy's blood to try to save them. And it worked again just in a few seconds! So, Tommy became famous for his magical healing blood. A year later, the President of the United States of America was ill and nobody knew why. His doctors realized that their only hope was the healing hamster Tommy. They gave the President Tommy's blood transfusion, and the president and, thus, the country and the whole world were OK.

**- Nicholas M.**

### **Wonder Ant**

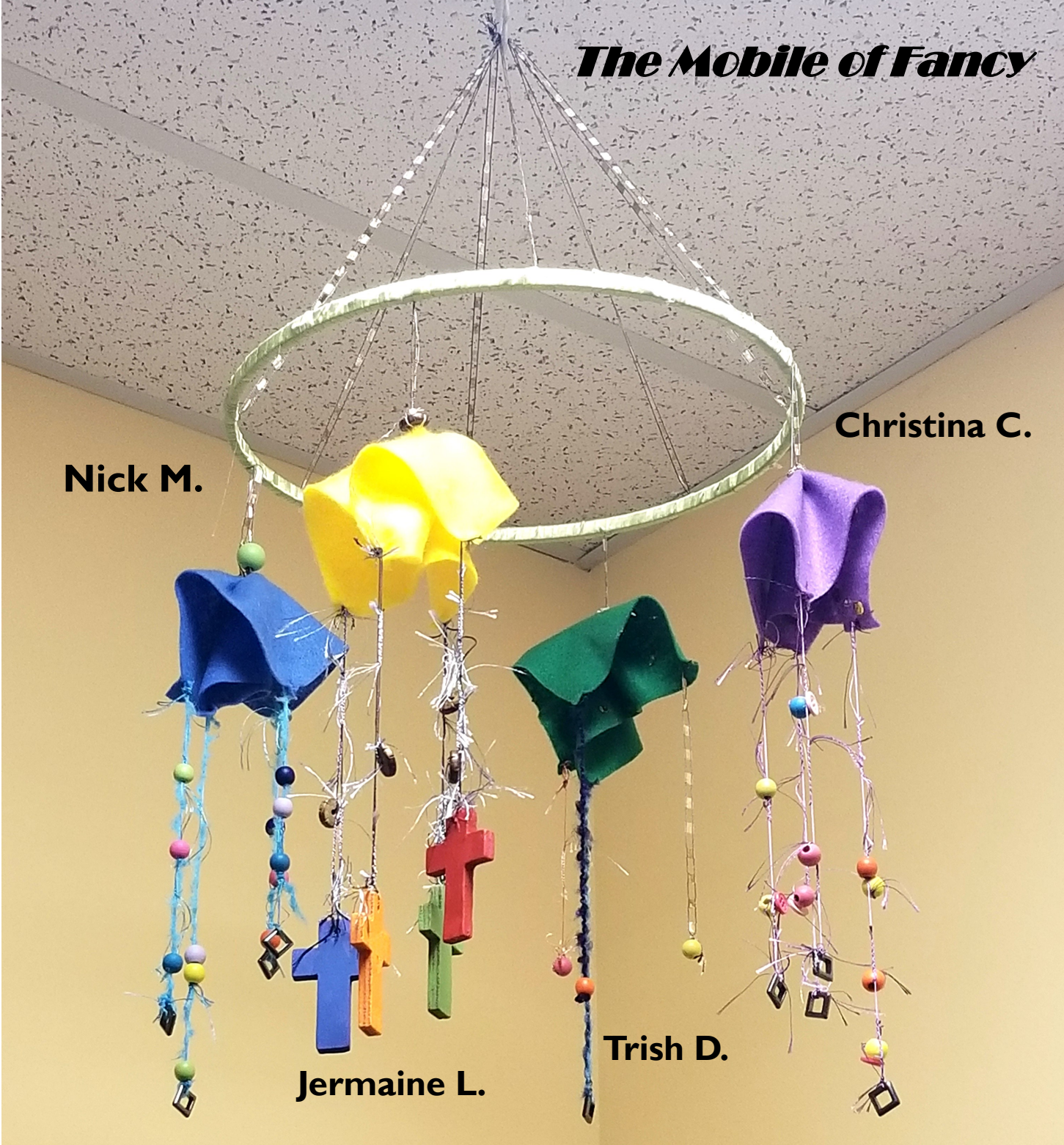
Global warming. Food shortage. Race relations. Etc. NO MORE! Wonder Ant is here! These things would be a problem for a mere ant, but not "Wonder Ant." He alone has superpowers that allow him to annihilate predators while encouraging good done to Earth. He saves the world by not letting its inhabitants destroy it!

**-Trish D.**



# Creative Expression

I started thinking about this art project when HIRRS clients and I saw the exhibition “FIBERS” at Strathmore Mansion. Then, Mary Jane brought all those beautiful ribbons and yarn (Big Thank You, Mary Jane!) Now this whimsical mobile is one of the first things that greets everybody coming to HIRRS and is a beautiful reminder how creative and resourceful our clients are. - Svetlana



# Art Group

A new staff member, **Laura** has taken over Art Group and has implemented many creative projects in the short time she has been here.

**Right:** artwork created by **Ben G.** Great job **Ben!**



**Above:** **Mark S., Lisa N., & Steve S.** hard at work crafting letters for a special art project. These letters are for the HIRRS thank you card!



**Above:** Clients above made a votive to celebrate July 4th.



# Volunteering Update



**Above: Andrew K.** was very excited to pick this massive zucchini at Red Wiggler Farm on a harvest day.



**Above: Eric M.** hard at work at a U2 concert. He works every event at FedEx field, most recently at the Redskins season opener.

## Accommodations and work:

When returning to work, it is important to understand what accommodations and supports out there to help you be successful at the job. There are so many options, some can be asking for a 10 minute break if you're tired or using a recorder to help recall the meetings you were in. A great resource to look at is the Job Accommodation Network (JAN) <https://askjan.org/>. Your job coach can help review the information with you to see what could work. Ask the vocational department, we're here to help!

- Sarah Gagnon,  
Director of Vocational Services

**Below: Ben G.** at JCC selling challah bread.



# News from Brooke Meadow



**Above: Denise R., Bernice W., and John S.,** at Tangier Island. It looks like they had a wonderful time!

**Right: Trish D.** looking cheerful on the swing!

**Below: Mark K., Danny M., and Wallace R.** enjoying a trip to Harpers Ferry.



**Above: Bernice W., John S., Denise R., and Janet** took a cruise to Tangier Island this summer!

**Below: Felix K. and staff** out bowling. I wonder if he rolled a strike?!

