

The HIRRS Circulator

April 2018, Issue Twenty-five

25

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 a very special issue this time. This is the 25th issue! The *HIRRS Circulator* was created in 2011 and has continued to grow since then. Our goal is to always generate new content each issue, so we will periodically put in new pages to keep the issues fresh. We hope you enjoy the **25th** issue of the HIRRS Circulator.

The HIRRS Circulator Staff

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Happy Birthday: **January, February, March, April, May**

Eric M.—January 3rd

Sam M. — March 18th

Ben G. —January 16th

Brandon W. — April 30th

Payman J.—January 29th

Tim C. — May 15th

Denise R. — February 25th

Nick M. — May 18th

Outings & Activities Recap



Above: Liz K., Sondra, Alex C., Angie. Chris D., Carol, Marc L., & Sheri took a trip to Frederick, MD to watch the Keys take on the Salem Red Sox! It was a great day to watch baseball and the Keys beat the Red Sox 5-1.



Above: Marc L. cutting water chestnuts and onions to cook pad thai in his cooking class at Montgomery College. I bet it tasted great!

Recent Outings	
The Greatest Showman/Commuter	01/23
Black Panther	02/23
TGIF'S	03/14
WWII Memorial	05/4
Frederick Keys Game	05/24



Right: Payman J. hanging out at the arcade in TGIF's.

News From the Day Program

Garden Update!



Right: Andrew K. getting the garden ready by planting a variety of seeds. **Andrew** is one of our “go to” garden volunteers, since he volunteers at Red Wiggler twice a week!



We have a new group in the day program!

Wits & Logic

Split into two rotating sections, Wits Week & Logic Day, Wits & Logic is designed to encourage clients to think things over. The group focuses on developing reasoning skills that impact everyday life on a basic level, through addressing logical arguments, effective communication, impulse control, emotional appeals, and sympathetic inference. The activities aim to uncover strengths and flaws through guidance. It also teaches persuasion through effective communication.



Above: Liz K. & Alex C. , raking the new fresh soil to prepare for seeds and seedlings. Lettuce and corn are among this year’s vegetables. Garden beds are key for keeping different vegetables separate and for easy drainage. With their hard work, the seeds will grow easily into flourishing plants!

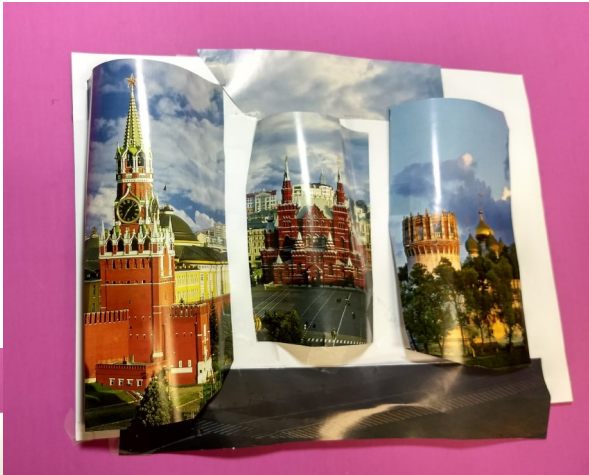
Creative Expression

The Creative Expression Group assignment was simple: Write a poem that uses the word “**journey.**” Resulting in writings by our talented authors, however, they are very complex; reflecting on life’s many ups and downs. As I helped group participants edit their poems, I couldn’t stop thinking that I can relate to all of them. And that’s what makes Creative Expression Group so special for me and clients; again and again we discover that we have more things that unite us than things that divide us.

-Svetlana



← Andrew K.



Nicholas M. ↑ Jeffrey Q. ↓



Jermaine L. →



Marshall M. ↑



Trish D. →

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-Svetlana

**When one sees the word “journey”,
They usually think of a trip.
But I am on a mental journey.
It continues.
I’ve swallowed all the changes in me.
My trip endures as I pick up force
And learn my new and different abilities.**

Trish D.

**When I try to remember something,
It always ends up being a journey.
It’s been twenty plus years in which
I got to put away the beer
And manage my fear
Trying to make it a great year.
Maybe I am late
But I feel I can still go through that gate
To better times.**

Nicholas M.

**Take a journey
And travel through the life.
Enjoy its moments
And let them break the night.
Friends and family,
Gather them
To make this journey light.**

Andrew K.

**Does this journey have a destination?
The road is less busy
Anyhow - it’s a lonely trip
That just seems to go,
Go with the flow,
Go with the flow**

Matt B.

**Oh, what a trip,
A great journey,
When you choose the right ship!
Spark your creativity!
“We are all crazy!”
The Mad Hatter told Cinderella,
Or maybe it was Alice.
I am not sure.
Sometimes I feel I am a stowaway
On the wrong ship.**

Marshall M.

**When I was younger
My definition of a journey
Was as simple
As waking up on a Saturday morning,
Riding my bike to my best friend’s house
Or, even more fun, to the playground.
When I grew older,
There were good and bad journeys
As we all have our personal journey -
The journey of our life.**

**Old Manchester
Jermaine L.**

Brain Injury Conference



HIRRS received the Partnership for Independence Award in recognition of our contributions to improving the quality of life for individuals with brain injuries. **Rudy W.** received an award for survivors who have made remarkable gains in their recovery and who have helped other survivors in their recovery process.

—Maggie Hunter

Right: Denise R. selling her jewelry at the Brain Injury Conference! She puts in many hours hand crafting custom pieces of jewelry at the Day Program.



Who's New at HIRRS?

Gladis



Find out some interesting facts about our new staff members!

Who is your favorite musical artist and, if different, what type of music do you like to listen to?

Gladis: I like different types of music. My favorite music artist I have been listening to the most recently would have to be Cheat Codes. They are an American electronic music DJ trio. I also listen to Imagine Dragons and Fall Out Boy pretty often.

If you like stand-up comedy, do you have a favorite?

Gladis: Yes, I like a lot of comedians. Whenever I get the chance, I like to go to stand up shows. I do not have a favorite. I like Gabriel Iglesias,

Kevin Hart, Martin Lawrence, Marlon Wayans, Dave Chappelle, Eddie Murphy, Robin Williams, etc.

How do you spend your free time?

Sam: Right now I am training for a half marathon! After I graduated from grad school, I wanted to have a goal to reach.

What sports did you play?

Sam: I played softball at a small D3 college (Ursinus). I was a catcher!

Sam



Where is your dream place to live?

Sam: Madrid, Spain. I lived and taught there for two years!

Who is your favorite musical artist and, if different, what type of music do you like to listen to?

Lorenzo: Amy Winehouse, but I usually listen to a lot of rap.

How do you spend your free time?

Lorenzo: Spending time with my nieces and nephews!

Lorenzo



Group Highlights

“What benefits does art provide society? Does art hurt society in any way?”

“Art provides the freedom to freely express emotions and actions without the need for putting a name on it.” — ***Andrew K.***

“It is generally peaceful, it involves creating, it heightens artistic sensibilities in it’s viewers, and it can be used to communicate messages which words cannot.” — ***Marshall M.***

“I think art has the ability to get a point across in society.” — ***Jason P.***

“Is it better for a person to have a broad knowledge base or a deep knowledge base?”

“Both are needed. Specificity seems to be more beneficial.” — ***Matt B.***

“That is very debatable and depends on the type of knowledge. I would therefore suggest that broader is better than deeper when one is referring to knowledge bases.” — ***Marshall M.***

Excerpts from Philosophy Group

“Let Spring, Spring!”

It’s a prelude to summer,
Lacking it would be a bummer!

Lighter clothes are worn,
So it’s the reason I’m torn.
I can’t decide a favorite season,
My fickleness is the reason.

It offers many a thing,
For this reason, GO SPRING!

-Trish D.



Volunteering Update



I am writing this Vocational Department update while attending The National Association of People Supporting Employment First or APSE 2018 conference in Orlando, Florida. Employment 1st is an initiative and policy change with the goal for all individuals to look at employment options and increasing community inclusion. The state of Maryland is implementing official policies and practices to support this initiative statewide and HIRRS and agencies statewide are making waves to support this goal. This initiative matches HIRRS extremely well as our mission at HIRRS has always been to provide individualized services so individuals achieve their highest potential. Here at the conference there are states that have already implemented Employment 1st and many are in various stages of implementation. It is inspiring to be with professionals, advocates, employers and individuals who all have the focus of Employment First. As those who receive this HIRRS Newsletter, it is important to stay aware of these changes and how it can impact and provide opportunities for you, family members, and friends. Informing yourself on the policies and practices that impact you can assist you in advocating for your goals and needs.

Here are some great resources to for you to learn more and if you have questions reach out to DDA, your case manager, and staff at HIRRS.

- APSE – apse.org
- Maryland Gov. – mdod.maryland.gov/employment/Pages/employment-first.aspx

-Sarah Gagnon

Director of Vocational Services

News from Brooke Meadow



Above: Felix K. visiting his sister during the holidays. It looks like he had a great time!



Upper left: Bernice W., John S., & Denise R. enjoying a nice lunch at a restaurant in Frederick, MD.

Above: The Brooke Meadow crew took a trip up to the Monocacy Aqueduct in Frederick County, MD to visit the C&O canal.

