

The HIRRS Circulator

September 2013, Issue Eight



Greetings Readers,

It's time for another newsletter, our 8th issue! Summer is over and the leaves are changing colors. It's time to prepare for fall. Even though summer is over, in this edition of the Circulator you will read about some of our summer adventures. This summer we've said goodbye to some staff and welcomed new staff and clients, who you will learn more about in this issue. Lastly, to welcome fall we've included a football section for your interest.

Thank you for reading our 8th issue and for your continued support. We hope you enjoyed your summer and are looking forward to fall like we are!

Focusing on You,
The Few, The Proud, The Circulator Staff

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Happy Birthday!!

Happy Birthday to clients & staff celebrating July, August, and September birthdays!

| | |
|----------------------|------------------------|
| Mary Jane V – July 9 | Justin H – August 13 |
| Rashida L – July 11 | Jason P – August 16 |
| Trish D – July 12 | Jeff W – August 17 |
| Carrie P – July 13 | Fatouma M – August 24 |
| Jermaine L – July 14 | Rick H – August 25 |
| Elissa I – July 19 | Duncan M – September 5 |
| Jason L – July 22 | Sean S – September 7 |
| Bryan B - August 8 | Liz K – September 12 |



Join Us for Rob Guttenberg in Concert

A concert/dialogue with Rob Guttenberg, Family Counselor, Professional Singer/Songwriter and Brain Trauma Survivor. The event will be held at **HIRRS Day Program at 11 Taft Ct, Rockville, MD on Wednesday, October 13 at 1pm**. Come enjoy music, fun and thoughtful discussion as Rob plays his acoustic guitar and performs original songs on overcoming adversity. The show will include humor, insight and dialogue with the audience. His stories and songs are guaranteed to be compelling and fun.

This concert is supported in part by funding from Montgomery County Government and the Arts and Humanities Council of Montgomery County.

Summer Adventures

Camp Rodney

By Eric M.

I was at Camp Rodney last week and last week was very hot. I had to drink 5 liters of water a day to stay hydrated. I slept in a Rodney tent with a scout buddy. His name is Henry. There were 4 merit badges to complete at camp. They were Radio MB, Geocaching MB, Golf MB, and I.S. MB. I finished the Radio MB and Geocaching MB at camp. I like the Radio MB and geocaching MB but I need to tell you something about what happened at Camp Rodney in the tent. In the SPL's tent, there was a squirrel, the type of animal that eats acorns. I don't like them being in Camp Rodney tents. I want to go back to Camp Rodney next year. It was a lot of fun being at summer camp.

My Hawaii Trip

By Liz K.

Have you ever been to Hawaii? I went to Hawaii with my camp. The camp was called Frontier Travel Camp. First we went to Denver, CO. I saw the Rocky Mountains there. In Hawaii we saw hula dancers and I got a lei. It was a real one with real flowers. We went shopping a lot. I got a t-shirt and post cards and one key chain. We stayed in very nice hotels with TVs. We stayed at the Holiday Inn a lot. There was a really good breakfast buffet with cinnamon rolls. My favorite part about Hawaii was watching the hula dancers and going to Waikiki Beach. At Waikiki Beach I stuck my feet in the ocean. I liked Waikiki Beach the most because the waves were calm. Even though it cost a lot of money to go, I had a great time in Hawaii and I hope to go back.

My Trip to Maine

By Ben G.

I went to Maine with my family. I saw my Uncle Peter and Aunt Ellen. On my trip I visited a city in Maine called Portland. I did three different activities on my trip. I went to the beach, to a restaurant, and I also went for a walk. My favorite place in Maine was LL Bean in Freeport. I bought two shirts and a jacket. I ate lobster ravioli at the restaurant. I liked my trip. I want to go back and spend more time in Maine.

My Vacation

By Marie D.

I just got back from the best vacation I've had. My husband and I traveled to Anchorage, Alaska and celebrated our daughter's future mother-in-law's 60th birthday. We had such a wonderful experience being there with their entire family. My husband and I had never been to Alaska, so this is why I couldn't wait to go on this trip. We stayed in Anchorage for five nights and then went to Portland, Oregon and visited our niece and nephew. They own two amazing restaurants. Being in Portland was a new experience for me. We stayed in Portland for one night and then took an Amtrak train to San Francisco and stayed with our favorite nephew!



Beach Trip

By Trish D.

This summer I went to Rehoboth Beach, it is in Delaware. My dad and stepmom rent the same house for a few weeks every summer. I usually go and join them some friends, but now they all have families. My dad understands the need to unwind, so I joined him and my stepmom. The thing that I remember was being at the country club at the beach (so it was an outdoor, chlorinated pool). HOW PERFECT! No trip to Rehoboth Beach would ever be complete without Grotto Pizza! We got it not one night, but two nights! We also got frozen yogurt. Just imagine yourself in heaven and that's what it felt like...but unfortunately, all good things must come to an end.

Meet Our Staff

Alliyah Interview

By Ben G.

I talked with Alliyah this week about what she likes. I had a great time doing it.

Where were you born? Sierra Leone in West Africa

Where have you lived? Maryland, California, Africa

What are your hobbies? Dance, read, shop, and hanging out with friends

What is your favorite sport/team? Soccer and track/field, Barcelona is my favorite soccer team.

What is your favorite movie? The Blind Side

What did you do at HIRRS before the day program? I worked at White Sands as a residential counselor.

What is your favorite place you have travelled? Miami because I love the beach and the people there.

Are you in School? Yes, I go to Montgomery College.

What do you study? I study international relations.

What is your favorite book? Freedom Slave.

Janet Interview

By Jason L.

I had the privilege of having Janet (I don't know how to spell her name or title and I'm too lazy to get up). Wait! David helped me. It's Janet McCloskey the Director of Community Living Services at HIRRS.

How long have you been a case manager/Director of Community Living Services? 7 years

Why does Jason get the shaft? Jason gets the shaft because he insists on coming down the hallway during day program activities. Also because he doesn't take into consideration my schedule or what I'm working on at the moment!

How do you feel about making people's lives better?

Something "called" me to a career path that involved helping people and making their lives better is very gratifying for me professionally and personally.



Janet M and Jason L. Jason would like to apologize for his unshaven face.

Where did your career start? It started after I graduated college. I lived in Ocean City, NJ and worked in Atlantic City, NJ at a health care company called AtlantiCare Behavioral Health. I started off as a case manager at a location called "Providence House". It was a day program that provided group and individual counseling to adults that had severe and persistent mental illnesses. After 4 years as a case manager there, I was promoted to the Program Manager, which I did for 2 years before I moved to Maryland. Shortly after I moved here, I got this job at HIRRS and I have been here ever since.

What kind of duties make up your job? My job as Director of Community Living Services has a wide range of responsibilities and duties ranging from client care, to staff supervision, to managing the budget, and documentation, like writing IP's. My most important job is making sure that all the individuals that live in the Residential Program are happy at home. I work with staff to make sure that they are trained and know what their job duties are so they know how to help the people they support. I have to make sure that all the houses are clean and organized and safe for residents.

What is satisfying about your job? The most satisfying part of my job is going to visit an individual in the hospital early in their recovery and being with them in their recovery process each step of the way as they progress. I also really enjoy knowing that an individual can call HIRRS their home and be happy and content here.

Where do you see yourself in a couple years? I see myself still here at HIRRS; I am very happy working with everyone here.

Do you like the clients you meet here? Include me, darnit! I love all my clients here and consider them all part of my "HIRRS family". Even you, Jason 😊

My last question for you is where did you go to school? I went to school at the Richard Stockton College in New Jersey.

Janet is a very important lady so I had to give her the paper and let her answer the questions. Amazing that I caught her in time because she was about to leave. Lastly, I would like to thank GOD for putting her in my life and others.

Elissa Interview

By IC

The talk wasn't just gossip after all. Rumors floating around the day program and residential houses that Elissa was leaving turned out to be true. I had the chance to sit down with Elissa and talk candidly about her background before she came to HIRRS; we talked about her experience here, how it influenced her greatly, and what challenges lay ahead.

After graduating from college, Elissa was unsure what exactly, she wanted to do. "I knew I wanted to work interacting with other people but I really enjoyed my school radio too." During college she worked at a local radio station, due to her love for music. "It combines different melodies and personalities into one. That's what drew me to it. But it's all heavy metal and electric now." Those radio dreams changed after she had been at HIRRS for about six months. "I felt at home at HIRRS. It told me I wanted to work with people." This interest would later guide her decision to study social work.

Elissa's interest in mental health extends to how our country, as a whole, treats mental health issues.

"I want to work in mental health with people struggling – in the hospital for instance. People dealing with clinical depression or schizophrenia, lifelong issues." Explained Elissa.

Elissa interview continued on page 10.

Who's Who at HIRRS

My Interview with Marcia

By Liz K

Do you know Marcia? If not, let me introduce you to her. She is new here, so I interviewed her.

Where are you from? USA

What do you do in your free time? Read Harry Potter books, play cards, read cooking magazines

Do you like it here? It is ok

What kind of job do you want? Working in a store like Best Buy or Five Below

Do you like sports? I like basketball, beach volleyball, and tennis. I've never played ping pong, but I would like to. I also like video games.

What is your favorite TV show? I like shows on the cooking channel.

Do you like the news? No

Do you like going on vacations? Where have you gone? Yes, I've been to Miami and Vancouver, Canada. I want to go to London.

If you had a million dollars what would you buy?

A car. I would also want to move to London and buy a house in Westminster.

It was great interviewing Marcia. I learned a lot about her.



*Top: Liz K & Marcia Y
Bottom: Bryan B & Ben G*



Interview with Ben

By Bryan B

Hi. I sat down with Ben and asked him a few things. This is what I learned about him.

Where are you from? Rockville, Maryland

How old are you? 22

What do you like to do in your free time? I like to read, play games, and go on the computer.

What is your favorite color? I like red.

What is your favorite type of music? I like hip hop. My favorite artists are Backstreet Boys, Maroon 5, and Taylor Swift.

What is your favorite food? I like cheese pizza.

If you had a million dollars what would you buy?

I would buy a baseball signed by Ryan Zimmerman, books, and Taylor Swift concert tickets.

Interview with Marie

By Jason P

What is a paraeducator? They assist students in a classroom

How long were you a paraeducator? I was a paraeducator for sixteen years.

What school were you a paraeducator at?

Thurgood Marshall Elementary School

How many students did you have in your class? I had 25 students in my class.

What subject did you teach? I taught all subjects.

Where was your school located? In Gaithersburg, Maryland

Where are you from? Silver Spring, Maryland

Do you have any children? Yes, I have three children.

How long have you played piano? 52 years

What is your favorite music? Motown has always been my favorite.

What kind of music do you play? I play classical and popular rock and roll music.

What kind of piano do you have? I have a baby grand

Do you play an electric piano at all? No, I don't

Are you ready for lunch? No

Do you have any questions for me? Not really, no.

Creative Expression



Jermaine L

Participants of Creative Expression Group were asked to design and decorate one of their initials. The depictions of their initials are designed to represent them. Can you guess the artist based on their initial?

- *Svetlana G*



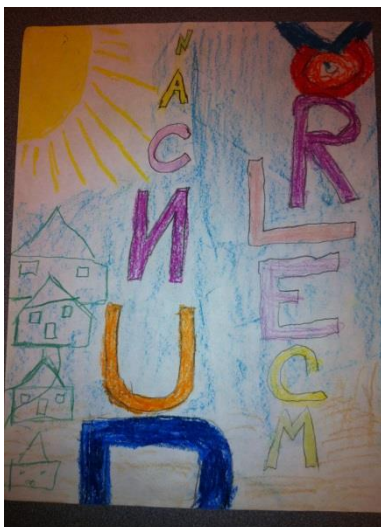
Desmond O



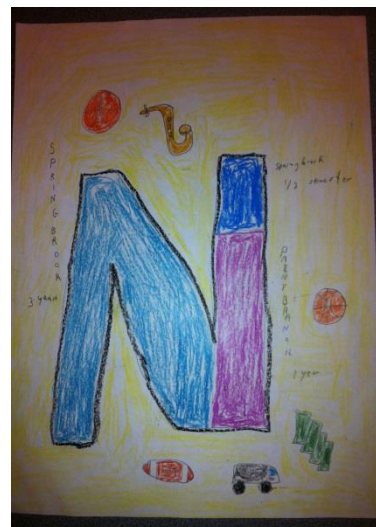
Mark S



Trish D



Duncan M



Nick M

Creative Expression

Participants of Creative Expression Group were asked to write a poem about a phone conversation and consider a possible title for it. No other details of the assignment were discussed. But inspiration is within, and group members once again showed how deep, thoughtful, and creative they are.

- Svetlana G

Where Was He?

By Joe M

Silence broken
A pane of glass
Seemingly
As snow fell outside
It has been so long
With a whisper
Gone
Window gazed towards
For Dad had to be back
Didn't he
Cob webs grew
The glove
The football
His mother gazed out the
window
Snow
Even though the sky was clear
Silence broken
As cat stretched
"No," his mother screamed
In silence the phone was hung
up
The shortest conversation
she'd ever have
For over Crete
Why he was shot down
And like that
The phone was hung up

Do Not Cry

By Mirko N

Hello, hi, is it you Dan?
Yes Mirko, it is me.
Dan, I have always been your fan
Thanks Mirko, to I see
Mirko, I want to speak to you
Because my enemies will sue
I did something with which I wish
to abide
And I thought t I could do it with
pride
But problems are here
Yes they are very near
Thanks Dan
Sorry I think you already ran
The present is sometimes mean
To avoid it you must be very keen
At least give it a try
Yes, do not cry

Untitled

By Trish D

There was once a snail
Its name was Gail
She longed for a tail
She was on the phone with a cat
named Larry
He was quite hairy
His brother's named Larry
He had to sneeze, "ACHOO!"
He was cooking some stew

Residual

By IC

- Hello
- Hello
- Yes?
- Why are you calling?
- All the children, other reasons too
- The children are mine. That's why
I called to tell you this
- Click. Click. Click.
- Hello? Are you still there?

- Hello
- Hello
- Yes?
- Why are you calling?
- Money? The money you took from
me
- Our money is mine
- Where is it now? Where did it go?
- Click. Click. Click.
- Hello? Are you still there?

- Hello
- Hello
- Yes?
- Why are you calling?
- The affair you are having. So she's
20 years younger? I heard from our
friends laughing
- But she can carry a conversation.
And she doesn't cuss after a beer
- Click. Click. Click.
- Hello? Are you still there?

Outings Recap

Civil War Medical Museum

Ben G.

We went on an outing to the Civil War Medical Museum in Frederick, MD. It took us a while to get there. The museum was in an old building. We had a tour guide that took us around the museum. He knew a lot about history and the Civil War. He told us that there were thousands of surgeons that served in the Civil War. There were a lot of great exhibits, some of them were about camp life, field hospitals, the evacuation of the wounded, and medical education. At the camp life exhibit we saw a real tent from the Civil War. Our tour guide told us that soldiers were more likely to die from illness at camps than on the battlefield. There were also some exhibits about battlefields. This was my favorite part. Our tour guide told us that doctors helped injured soldiers from the battlefield. The doctors helped the soldiers even if they were from the enemy army. I liked the outing a lot because it was fun. I learned things about the soldiers and medicine during the Civil War.



WUSA 9 News Station

Andre B, Dave H, Tim C, Jimmie E, Patrick K, Sean S, Ben G, Mark S



Brookside Gardens:

Mark S, Daniel M, Andre B, Tim C, Patrick K, Eric M

Air & Space Museum

By Daniel M

Two weeks ago HIRRS went on a field trip to the Air and Space Museum in Dulles, VA. The different aircrafts that we saw were from WWI to Desert Storm era, with a few modern aircrafts. My favorite aircraft was the F-15 and F-18. I thought the museum was fun and exciting. The museum had a lot of aircrafts. There were hundreds. In the back of the museum, they also had an aircraft restoration shop, where they repaired old aircrafts. I thought this was cool.

| Recent Outings | |
|-------------------------------|-----------------------------------|
| <i>Chart typed by Trish D</i> | |
| July 3 | Joe's Record Paradise |
| July 12 | Civil War Medical Museum |
| July 17 | Corcoran Gallery |
| July 22 | Movies - <i>World War Z</i> |
| July 25 | Washington National's Game |
| August 1 | Hillwood Museum & Gardens |
| August 7 | Air & Space Museum |
| August 13 | Movies - <i>2 Guns</i> |
| August 16 | Wheaton Mall |
| August 26 | Brookside Gardens |
| August 30 | Homestead Farms |
| September 4 | National Museum Health & Medicine |
| September 10 | Arlington National Cemetery |
| September 19 | WUSA 9 News Station Tour |

Two Guns Review

By Patrick Kearney

We just saw *Two Guns* at the movies. It was pretty good. Denzel Washington was a DEA agent and Mark Wahlberg was in the Navy. They robbed a bank and stole 40 million dollars. They thought the money belonged to a drug dealer, but it was the CIA's. Denzel said the right words at the right time. It was an R rated movie, but there wasn't a lot of skin. The movie was more of a puzzle than an adventure. As the movie kept going on, it was a challenge. I thought it was funny, off and on.

A Word from HIRRS Football Fanatics

Insider's Scoop

By Mark S.

The question is "is the preseason meaningful?" The answer virtually means nothing, nada, zilch, unless you're a rookie trying to make the team. I personally think this because I've seen teams go undefeated in the preseason, only to turn around and win only five or six games in the regular season.

Another good question is "should the Redskins keep RGIII out of the preseason games? The answer is you bet your hiny they should! And they are. RGIII is recovering from surgery on his knee. Why risk him or put him in harm's way with a few games that don't count!?"

Who is the Redskins' biggest competition this year? The Redskins biggest competition this year is ourselves, meaning we already know we have one of the best quarterbacks in the NFL, all the Redskins need to do is keep RGIII healthy. Offensive Line, I'm talking to you, specifically! Plus the coaching staff needs to do the same.

Redskins fans, root hard. It will be Super Bowl or bust!

My Football Career

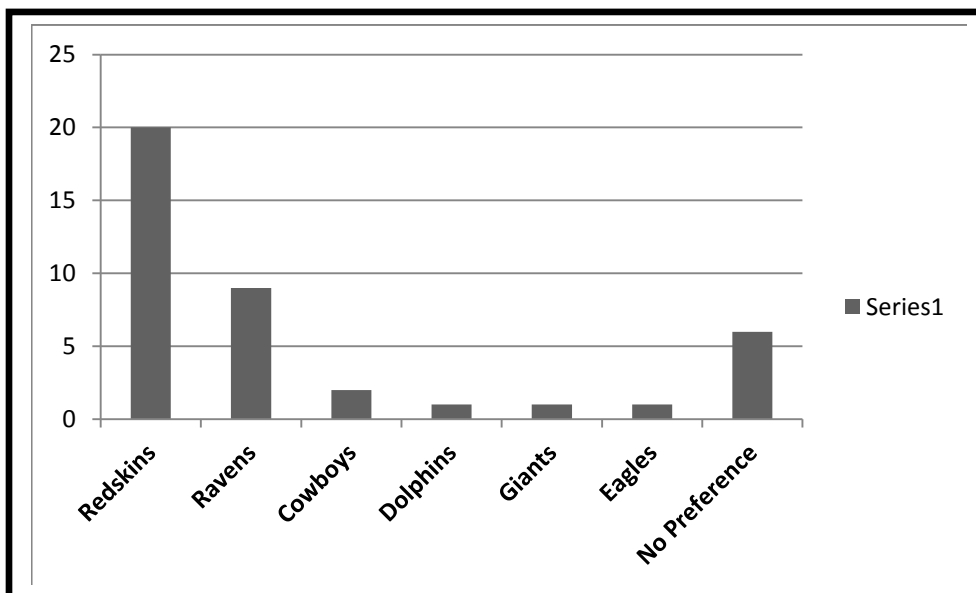
By Nick M

Football is a great sport (so is basketball, but it's almost football season. Basketball is a winter sport).

I started playing football when I was 11 years old. It was played in weight classes because we were young. My first position was fullback. Our team made the playoffs for Wheaton Boys and Girls Club. I was ran the ball a couple of times a game.

I then played for Springbrook High School's Junior Varsity team. My whole freshman year I was the backup quarterback. The quarterback is the most valuable player. I made it to the starting quarterback in my sophomore year.

I played a couple of games and then I got injured in my right shoulder and that was it. I retired to basketball.



Who Roots for Who at HIRRS?

By Duncan M.

This is a graph of the football teams that we like here at HIRRS. I know this because I went around and asked everyone who they liked. It's just a bit too soon to determine the results of who is going to be in the playoffs, however we will do the best we can to make a prediction. The Redskins right now are 0-3 but who knows? They still have a chance. The Redskins are the most liked at HIRRS. I personally like the Ravens who right now are 2 -1 at the end of week three. There are a few other teams from other cities that are liked at HIRRS such as the Cowboys, Dolphins, Eagles and Giants. We can't tell you who is going to make the playoffs but we hope that our teams do O.K. We are all rooting for the best. We will be right at the front of the T.V. rooting for our favorite teams. Good luck to all.

You Should Know...

Wii Bowling

By Jason P

On Friday, September 13 between 10:30-11:20 I was in Wii Group. In real bowling I would hit scores somewhere between 123-138. However, in Wii bowling I've scored games around 216-249. But today, in one hour, I hit two perfect games in a row. How did I hit these perfect games? What I had to do was clear my mind and stay focused. There could be a lot of noise or it could be a lot of commotion, so I just try to stay focused. You don't need to have a lot of energy to do that, you just need to stay focused and try your very best. I really concentrated, not only on the scores in the game, but on how I roll the ball, how I stand and if I want to put a twist on the ball. However, I need to have a perfect spin and make sure I twist my wrist. If you need any advice, come locate me and I will try to work on your game techniques. I will do my best to help you and you will be a better bowler, I promise.



Jason P after scoring 300 on Wii Bowling. A new high score!

College Living Experience

By Justin H.

The College Living Experience program is a program for people with disabilities who want to learn the necessary social, financial, mental independent skills required to be able to live independently later in life. With that being said, the CLE program has a day student program, but they also have full-time students, which gives he or she an opportunity to live in an apartment that is sponsored through CLE. If he or she has a great mind set, than they are most likely going to be able to live on their own in the future long after they leave CLE.

CLE is tremendously beneficial for those who are able to have a positive mind set, and can portray a significantly high level of determination and perseverance to succeed in the program, but also succeed on their own independently in the real world. CLE gives students the opportunity to break out of his or her comfort zone from high school and make the new comfort zone that they develop in college. CLE can strengthen new students' independent social, financial, intellectual, mental skills to numerous high levels, and help you to reach milestones in your life, but also to help you reach all your goals in life.

My roommate, whose name is Anthony, is a tremendously great friend of mine in the CLE program. Anthony has been a tremendous part of why I am able to survive in college at MC. I don't get to see all of my closest and dearest friends from high school as much since we graduated from Winston Churchill High School, which is in Potomac MD. Whenever I am feeling down or in a slump and all of my high school alumni friends are away at school, Anthony is always there to lift me up in a very positive way.

Brooke Meadow's Day Program

By The Clients of Brooke Meadow, Typed by Trish D

The Circulator Staff wants readers to know more about HIRRS' other day program, Brooke Meadow. Here are questions we made up that Brooke Meadow clients were nice enough to answer for us. A special thanks to Mark K at Brooke Meadow.

What is Brooke Meadow? A Day Rehabilitation Program for individuals with Traumatic Brain Injuries and disabilities. Brooke Meadow is one of the two such programs managed by HIRRS and located in Olney, MD.

What do you do there? We are engaged in various activities (current events, health, the economy, social issues, recreational, and physical exercises).

How many people are in the program? There are six individuals in our program.

What's the best part of the day at Brooke Meadow? The best part of the day is the morning through mid-day.

What kind of outings do you go on? Where have you been recently?

We visit parks, recreational sites, beaches, fairs, movies, and sporting activities. Recently, we went to Sandy Point Park and Centennial Park, both in MD.

What's your favorite outing to go on with clients? Beaches or golf.

Describe activities you do at Brooke Meadow? Multiple activities vary on a daily basis. Some of the activities are: current events, math, brain gym, word games, science, physical exercise, history, and arts and crafts.

What else should people know about Brooke Meadow? We have a caring, committed, tolerating, and responsible staff.



Brooke Meadow clients Paul V, Danny M, John S, Mark K, and Felix K on an outing at Sandy Point Park, MD.

Montgomery Works

Desmond O.

This summer I started a work readjustment program at Montgomery Works. I think it is a very good thing because they are basically training me for jobs and work etiquette, which is good. I also like the fact that no one else at HIRRS is part my new experience. It gives me a chance to make new friends. Mainly what we do there is my training for work. I get dropped off at the front entrance, enter my social security number and my training starts at 1:00pm and I stay until my course is over. I am excited because of the way it's going. They wanted to know what my interests were so when I do get a job it will be the best fit for me. I also think the job training for me will be a very calm experience. But I have not done job training yet, but that is the feeling I get. It to me is very relaxing, if I do start going for job interviews it will be very successful. I like the fact that I have talent and skills and I think it will eventually progress.

Creativity Section

Elissa Interview by IC continued.

“People suffering from these conditions are often left embarrassed and ashamed.”

This fall Elissa will be starting at The University of Maryland Social Work program, which lasts two to three years. Located in Baltimore, the first year focuses on clinical and macro studies while the second year is more concentrated. “I chose the University of Maryland because it is very strong clinically and that is what I want to pursue.” Two years of study are required to become licensed as a social worker, according to Elissa. “My goal however,” Elissa said, “is to become a clinical social worker. That is another two years.”

At the publishing of this interview Elissa will no longer be with us at HIRRS. I remember her first day at HIRRS, before any introduction I saw her typing. I stood at the office door impressed by her speed. She was quick to introduce herself though.

Two days later I had a class with Elissa –her first philosophy group. As these classes went by through months and a couple of years I learned so much from Elissa. From Plato to Heidegger, or politics as seen from a philosopher mind, it was not just philosophy proper but Elissa’s sharp thinking and aid that helped us learn this dense “stuff” in her way. I miss this already – and am still shell-shocked by a paragraph typed in less than five seconds.

Poem

By Mark.

I hear people’s voices
I hear birds singing
I hear rustling of newspapers
I hear children laughing
I hear cars speeding through the streets with
nowhere to go
I hear trees blowing through the wind, cooling off a
summer night.
I hear church bells ringing for you and me
Starting new lives together as husband and wife
I hear my dog playing in the front yard barking in
his enjoyment of rolling in the grass and having
fun.
I hear crickets chirping, water rushing to create
new life form, made totally from the love we share.
I hear things far and wide from the inside of my
soul to the earth core.
I will continue to improve every day so that I can
someday meet my maker and he will say to me
with you “I am well pleased”.

Song Number Two

By Dave H

Song 1 yes this song 1’s now arriving, or is it number 2?

I’d love to sit and sing now, but there’s other things I have to do

Like follow simple schedule written for me up on this board, when they write the schedule found out that it’s best to be ignored

I’m walking down this hill and coming up to see the sky, what God made so beautiful I really can’t tell you why

There’s obstacles and peaks and turns you have to choose, so make sure in your outcome ultimately that you don’t lose..

Closin’ up the shop now so collect all that you can grab,

I want to try a lil’ taste now maybe just to get a dab
Don’t want to know about your weekend I wanna know how you are

One thing I miss most is being able to drive a car
Well you do what I do better than me so I got to give you props

No, you can’t take away those things from me unless you are the cops.

“I am from...”

By Matt B

A photograph in a yearbook. It’s a rather short story. I look back, it was a quarter. An era. A long time ago. Things just started to disappear one day. I still go back there and I’m not sure why. Being there, I can think of a sharper point. I remember good music followed me everywhere. I’d like to think that what really matters is where I’m going.



Pumpkin Drawing *By Jimmy E*

Head Injury Rehabilitation & Referral Services
11 Taft Court, Suite 100 Rockville, MD 20850
Phone: (301) 309-2228 | Fax: (301) 309-2278