

The HIRRS Circulator

Aloha Readers,

Here we go again with yet another issue of *The Circulator*. Summer is upon us so we're taking in the sun, especially our new Gardening Group. We've got beautiful mosaics that we've made to share with you in the Creative Expression section. There's some exciting news we'd like to share from the Vocational Department and plenty more! If you enjoyed learning about all the countries our wonderful staff come from, you'll be pleased to know there's more to come in this issue. Make sure you read about all the interesting and exciting adventures we've done been to in Day Program.

We enjoyed putting this issue together for our readers and hope you enjoy it, too. Have a good summer and bon voyage!

Stay cool,
The Circulator Staff



Happy Birthday to all the April, May, and June babies!

| | |
|----------------------|--------------------|
| Abe C – April 11 | Maggie H – June 6 |
| Brandon W – April 30 | Sarah G – June 8 |
| Onekia K – May 10 | Kerem K – June 9 |
| Justin S – May 11 | Svetlana – June 10 |
| Tim C – May 15 | Mark – June 21 |
| Nick M – May 18 | Lisa N – June 23 |
| Marie D – May 24 | Mirko N – June 28 |
| Debbie W – May 27 | |

2014, Issue Eleven

Congratulations, Dana!

On Saturday, June 21, vocational counselor Dana Hughes and her husband, John, welcomed their first child. Benjamin Leo Hughes weighed in at 8lb, 14.7oz and is doing great along with his mother. We couldn't be more excited for Dana and her family and we can't wait to see what great things the future holds for them!



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HIRRS Celebrates Earth Day

My Time on Earth

By Davo

Oh Earth Day
Oh Earth Day
When I think of you
The world has not mess here,
Just oceans of blue.

I take too much a mess here
How I want to fix the race
Of us here human beings exist in this
place
Which is called planet earth
It's the second rock from the sun

When I'm on this rock here,
I don't want nothin' but fun
And after that my soul,
I want to go nothing but up

So I have to know how I act with every
person
So I'm a gonna fill my cup
With mucho caffeine to stay awake, not
sleep
When my time's up here,
Is there go a beep?

Earth Day

By Justin H

Earth day is a beautiful time of year to celebrate the beautiful nature of life and animals of all species on land and in the ocean. Also, it's a time to thank God for creating all human and animal life on earth. It is a time to think about the earth and how you feel about the earth's environment, and also, about making the environment healthier for animals. I love nature so much, and I love animals. I care a tremendously large amount about the love, care, and respect towards animals and their habitats. Did you know that primates are, in a way, brothers to humans? Well, they are, and it pains me to see these rainforest being torn down because so many animals' homes are in those rainforest. Stop destroying rainforests and protect animals' homes.



The Circulator Staff took time to make a list of the little things we do or what we can do to reduce our carbon footprint. Here's what we came up with!

- **Turn off the faucet when you brush your teeth**
- **Carpool**
- **Take public transportation**
- **Turn off lights when no one's in the room**
- **Recycle trash**
- **Pick up litter**
- **Plant a tree**
- **Take shorter showers**
- **Eat less processed food**
- **Talk with others about eco-friendliness**

What can you do to reduce your carbon footprint?????

Earth Day

By Mark S

The earth is a gift so take care of it the best you know how
Because if you take care of the earth,
The earth will take care of you.

Recycle and don't take 20 minute showers
Take 10 minute showers!
You're really not that dirty
Take public transportation,
And let somebody else use their gas

So if I haven't said it enough: take care of the earth
And the flowers will bloom
And grass will grow to green
And healthy, along with the trees,
To be big and strong.
Thank you Earth!



By Paul M



By Tim C

Who's Who at HIRRS

Interview with Nicole

By Jason P

How did you hear about HIRRS?

My clinical supervisor at Howard University informed me of the position at HIRRS.

What college did you go to?

I went to University of Central Florida for my bachelors and I'm currently at Howard University.

Where are you from?

I'm from Bronx, NY. I also lived in Florida for 8 years.

What do you like to do in your free time?

I like hanging out with friends, traveling, going out to the movies, and playing basketball.

Where is the farthest place you have traveled to?

Trinidad

What do you think you can contribute to HIRRS? *Bringing fresh and productive programming that will serve as a functional resource for clients.*



Jason P & Nicole, our summer speech intern

My Interview with Nick

By Mark S

If you were on a deserted island and could only bring 3 things, what would they be? *Food, fresh water, and Halle Berry*

If you were an animal, what would you be and why? *An ape because they are the closest thing to humans and they're strong*

If I gave you \$10,000 what would you spend it on? *Education*

If you could live in any period of history, when would it be? *The beginning of time*



Mark S & Nick M



Trish D & Duncan M working side by side in the computer lab

My Interview with Rachel

By Ben G

What school do you attend and what are you studying?

I attend Towson University and I am studying speech therapy.

Where are you from?

I am from Atlanta, Georgia.

Are you excited to intern at HIRRS?

Yes, I am very excited to intern at HIRRS. Today is my first day and I'm very excited to meet everyone.

What is your favorite food?

Sushi

What is your favorite movie?

The Princess Bride

What are some of your hobbies?

I don't have a lot of time for some of my hobbies, but I like to read.



Ben & Rachel, our summer speech intern

Interview with Duncan

By Trish D

If you were an animal, what would you be and why? *A raccoon because they are very tricky and sneaky like me.*

What's the weirdest thing you've ever eaten? *Escargot*

If you could have any kind of pet, what would you have? *A tiger*

If you could learn any skill what would it be? *I would learn how to be a pilot.*

International Interviews

Helmut Interview

By Nicholas M

I just interviewed Helmut. He's new to the staff at HIRRS and works as a 1-on-1 aide and is available to anyone who needs some help. I asked him about where he is from. He is from Liberia, Africa. He's lived in the U.S. for 11 years. In Liberia, soccer is the main sporting event. The capital of Liberia is Monrovia which is named after the fifth president of the U.S., James Monroe. Liberia was founded by one of the first groups of freed slaves from the U.S. They named the country Liberia, which means "liberty". There are two seasons in Liberia: a rain season and a hot, dry season which isn't surprising since it's located just north of the equator. This is a good place for people who speak English to travel because English is the primary language.

This was a great interview to have because I learned something interesting about a different place on this planet. Thanks Helmut. Have a good day everyone.

Robert from Aussieland

By Mark S

Tell me about the people, weather, and money in Australia. *Multicultural population, similar to America. Australia's seasons are flip-flopped [in other words their summer is during our winter] with snow in higher elevation. The money situation is like the US except its not made out of paper, similar to Canada's money.*

What are the popular sports in Australia? *Soccer (Ausi rules football), rugby, cricket, field hockey, and net ball.*

What kind of animals are common to see? *Possums have adapted well to the city, cockatoos, parrots, wallabies and kangaroos.*

What's an authentic Australian food dish? *Pavlova (a dessert) and meat pies*

What is college like there? How is it different here? *Here college is typically 4 years, whereas it's usually 3 years in Australia. [And by the way, Robert went to Monash]*

Tell me about the landscape in Australia. *If you ever get a chance to go to Australia, make sure you see Queensland, the coral reef, rainforests, and the outback.*

What brought you to the USA? *Marriage*

The last thing readers should know about Robert is that he was a party animal in his youth and couldn't keep the women off him! That's all for now. G'day mate!

Interview with Georgina

By Liz K

Do you know Georgina? She works at Brooke Meadow. I interviewed her about being from Ghana.

What do you do at HIRRS? *I am the Brooke Meadow Day Program Manager. With the help of five staff members, my job is to coordinate day-day activities for the Clients. This includes making doctor's appointments, recreational activities, and providing services that are necessary to enhance their social, physical, and emotional well-being.*

What country are you from? *Ghana, West Africa*

What kind of food do you have there? *We have different dishes, made from tropical plants such as plantains (banana like), Cassava (Yucca), Rice, Corn, Maize, yams (but not sweet potatoes) and Soybeans. We use these food stuffs in combination with commonly available veggies and spices to make variety of dishes.*

What kind of music do you listen to there? *We listen to all sorts of music including Western, African, pop, rock, etc.*

What is the weather like? *We have a tropical climate which includes two seasons: the dry and rainy season. Think about it, it's like summer all the time.*

Do people dress differently there? How do they dress?

Yes, we dress the same way we dress here in summer in addition to our traditional outfit

What sports are popular? *Football (soccer), basketball, volleyball, track and field, tennis, golf, batman ting, pin pong, boxing, cricket, horseback riding, of these football is the most popular.*

What languages do they speak? *We speak English. But the most popular or common ones are: Twi, Ga, and Ewe, out of that we have 240 local languages.*

Daniel from Chad

By Dave H

Where are you from? *Chad, Africa*

What is the most fun thing (in your opinion) to do there?

Sit down and talk to friends and family

Are you going to go back to visit? *Oh yes. The last time I went back was about 3 years ago. Maybe again in a year or 2.*

What is a popular food dish in Chad? *Foo-foo*

How'd you get into this line of work? *Started in 2000 as a teaching assistant*

What brought you to the land of the free and the home of the brave? *20 years ago, I received a full scholarship to Bible school*

Was Chad named after a dude? *No it was named after a lake, Lake Chad*

What are common names in Chad? *Muhammad and Ahbakar*

Creative Expression



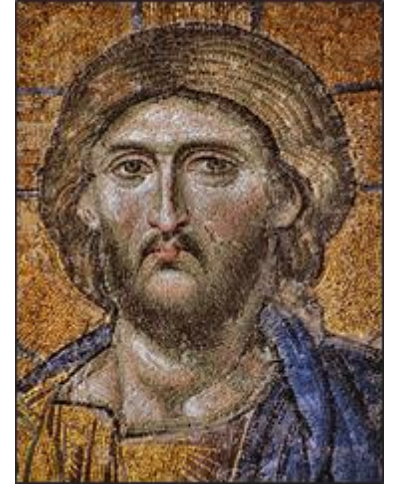
Birth of a Planet
modern glass mosaic.



Tiled Steps located at 16th Ave. and Moraga Street in San Francisco is perhaps the world's longest mosaic staircase with its 163 steps



The participants of Svetlana's Creative Expression Group talked about mosaic as an art technique. They looked at some images and learned that traditional mosaics were made of small and flat pieces of stone, glass, pottery, mirror or foil-backed glass, and shells of different colors. The group also discussed mosaic as a concept meaning a whole created from individual parts but being greater than a sum of those parts.



Mosaic of **Christ Pantocrator** from Hagia Sophia. Hagia Sophia is a former Greek Orthodox church in Constantinople, later an imperial mosque, and now a museum in Istanbul, Turkey.

While ancient mosaics tended to be architectural, modern mosaics, that often use abstract images, are found covering everything from park benches and flowerpots to guitars and bicycles. Items can be as small as an earring or as large as a house. Mosaics became a popular craft when artisans and crafters work not only with traditional materials but also with beads and even odd items like doll parts, bottles, or photographs.

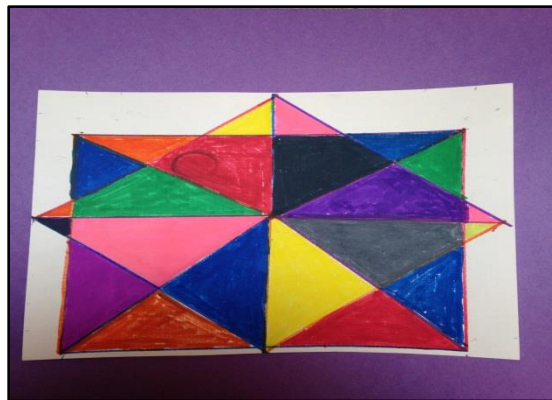


Traditional mosaics are made by pressing the pieces of stone, glass or other materials into a background surface. However, mosaic can also be used as a style of abstract art when geometrically shaped pieces are not made but painted/drawn. That's how the masterpieces by the group participants were done. And please notice the titles, they are as creative as the pictures themselves!

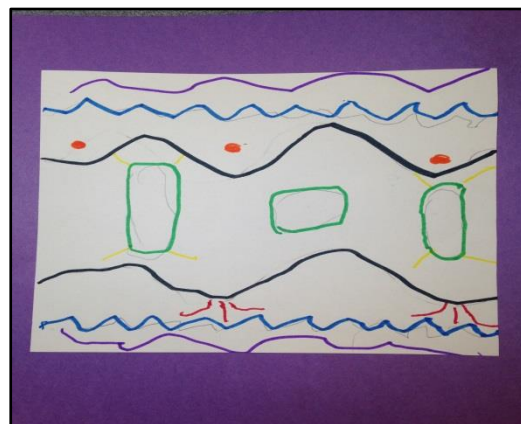


Every year since 1988 the Kivik (Sweden) Apple Market has featured one of the world's more bizarre works of art: a mosaic made with as many as 75,000 apples. Pictures can measure 12 by 8 meters and weigh up to four tons. Helge Lundstrom claims to be the world's first artist to introduce the apple art.

Creative Expression



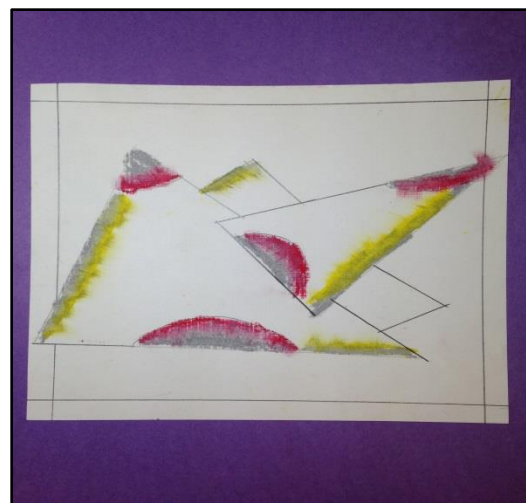
"Maybe your color is here, too" by Duncan M



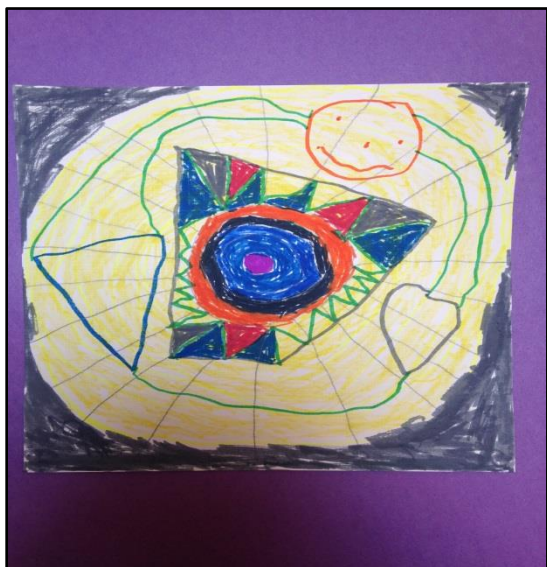
"New Beginnings" by Trish D



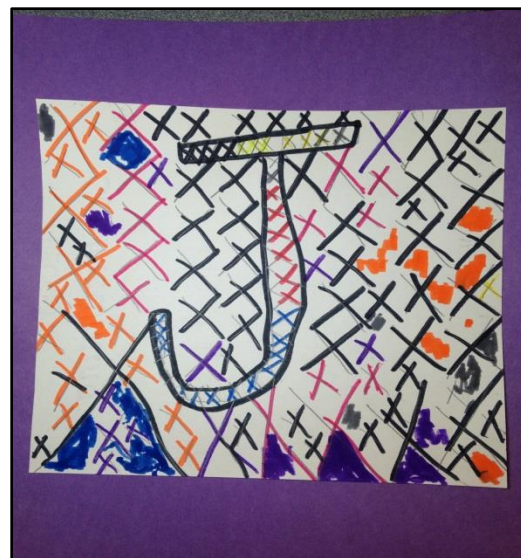
"From Start to Finish" by Nick M



"The Sun and Some Other Stars" by I.C.



"The Meaning of Life" by Mark S



"Father and Sun" by Jermaine L

Outings Recap

Frederick Keys Baseball Game

By Mark S

The day was warm with a cool breeze. The players were ready and the fans were to. So with an umpire, "play ball!" the game started. In the beginning the pitchers dominated, but then one after another. Once all was said and done, the Pelicans (the opposing team) were ahead 2 to 0. But in the fifth inning that all changed. With runners on first and second, there was a mighty blast and over the wall it went. All at once, the Keys were ahead. After nine innings, the Keys won the game 3 to 2. Along with the game, there were all kinds of food, drink, and other sweet stuff. But the one thing we will always remember is we won!



Payman J at Brookside Gardens



Marcia Y testing out a Tesla at Montgomery Mall

Montgomery Mall

By Marcia Y

I went to the Montgomery Mall with Liz, Mark, and Claire. I saw a nice Tesla car at the mall. We went to Bath and Body Works and I tried on some vanilla lotion. Mark bought some lotion for his mom for mother's day. I went to Finish Line to look at new shoes and Claire's to look for nice jewelry. I also went to Macy's to look for perfume. We ate lunch at the food court. I ate a quesadilla from Qdoba. Liz ate french fries from McDonalds. My favorite part was sitting in the Tesla because I like cars and I want to learn how to drive a car.

| Recent Outings | |
|----------------|---|
| April 4 | Movies – Bad Words |
| April 9 | Movies – Divergent |
| April 17 | Bowl America |
| April 23 | Brookside Gardens |
| April 29 | Friends of the Library & Second Story Books |
| May 6 | Wheaton Mall |
| May 9 | BBQ at Brooke Meadow |
| May 14 & 22 | Frederick Keys Baseball Game |
| May 28 | Movies—X-Men: Days of Future Past |
| June 5 | Great Falls |
| June 13 | College Park Aviation Museum |
| June 19 | Movies – The Amazing Spiderman 2 |
| June 26 | National Zoo |



Ben G trying on a pilot's outfit at the College Park Aviation Museum

Great Falls

By Mark S

Today clients and staff spent the day in the most peaceful place on Earth. With the falls flowing, the sun shining, and nature all around us, you could tell this wasn't just man made. The trees were growing all around us. Nature is a funny thing. If you take a minute to see what God has created you'll say thank you and be more appreciative of what God has given us. Personally, it was the best outing for me and maybe others.

News from Day Program



Calling All Green Thumbs!

By Duncan M

Hello everyone. I would like to invite you to come and take a little adventure to our plantation; we are having a great time in this lovely weather planting some good veggies.

There are quite a few of us that go out to the local garden and help with the planting. We have a lot of great veggies coming up right now. So we are going to need some help picking them when they are ready. We have lettuce, tomatoes, pears, beets, bell peppers, carrots, cucumbers, watermelons, sunflowers, zucchinis, basil and mint. We are planting flowers to make it look a bit prettier for representation (if you know what I mean). We've included some pictures to give you an idea of what we are growing and what you can expect to get for dinner in the near future.

Clockwise from top left: (1) Bryan B managing the wheelbarrow, (2) Duncan M building a rock wall, (3) Sam M raking the plot, (4) one of the HIRRS plots



BBQ at Brooke Meadow

By Eric M, Nick M, Jason P, Denise R, Trish D, Daniel M, and Ben G

On Friday May 9th the HIRRS day program staff and clients went to a barbeque at the Brooke Meadow day program. The staff at Brooke Meadow prepared a feast for lunch. There were hamburgers, hot dogs, chips, soda, chicken, couscous, salad, fried plantains and fruit. The members of cooking group prepared a special chocolate peanut butter cake for dessert. We had great weather, so we were able to relax outside. There was music and some dancing. It was nice to meet new people and socialize outside of the day program. We had a great time and we'd love to do it again soon. We would like to thank the staff and clients of Brooke Meadow for hosting the event.



News from Vocational Services

Messages for Dana.....

Tell Ben, ***WE*** picked a good day to be born!-Mark S

I know you'll be a great mom-Bryan B

Congrats!-Tim C

IPad Apps that Help

By Roger V

People who undergo head injuries often suffer from cognitive deficits of attention, communication, information processing, memory, and perception.

I undertook a study at Dana's direction to identify, test, and rate game, journaling, memory, and organization apps that may be used by clients of HIRRS on the 3 iPads that were recently purchased to create strategies to improve daily life at work and at home. Some of the apps that I selected include *Corkulous*, *iJournal*, and *Evernote* for journaling; *Memory**, *Memory Matches*, and *Vismory* to improve memory; *Evernote*, *Corkulous*, and *Dropbox* for organization; and *Lumosity*, *AnaTwist*, and *Four in A Row* games. These apps may be used on an as-needed basis when time on each program allows.



Ben (left) and Eric (right) making use of valuable iPad apps!

Sports Extra

By Eric M

I work at Sports Extra every Wednesday from 10:15 – 11:30. At my job I sort shirts and jerseys by size and color. I have been working there since February 27, 2013. Sarah, my job coach, helps me while I'm at work. I like working at Sports Extra.

The Working Life

By Liz K

Did you know I have 3 jobs?

I volunteer at Ten Thousand Villages on Mondays. I work with Sarah. I also volunteer at MCPS. It stands for "Montgomery County Public Schools". I love working at MCPS. I go every other Wednesday morning. I shred papers and cross out names.

I also work on the cleaning crew at HIRRS. My main job is to clean marks off walls and doors. I think it is ok, but I love the money I make. I love my jobs because I'm gaining experience in different workplaces.



Liz K working hard. Liz is a valuable member of the HIRRS cleaning crew

HIRRS Op-Ed

What I'd like to do this summer...

Denise R: I want to go swimming a lot this summer. I also want to hear live music and go dancing.

Trish D: Relax! Rejuvenate! And prepare for more!

Daniel M: This summer I would like to visit my grandmother in Florida. I would want to spend time with her and hang out. I don't get to talk to her that much and it has been a long time since I have visited her.

Jason P: Later this summer I'm going to Oakland, California to see part of my family. That's the only thing I know of yet.

Eric M: I want a short summer break to relax and go see a Washington Nationals game with my family. I want to work out more to stay in shape for basketball next winter.

Nick M: I would like to take a vacation to a place where I would enjoy myself. I want to go to an amusement park. I would like to get on a few rides and enjoy the scenery.

Ben G: This summer I want to take another class at Montgomery College. I also want to go on vacation to another state.

All You Need to Know About the Stock Market

By Justin S

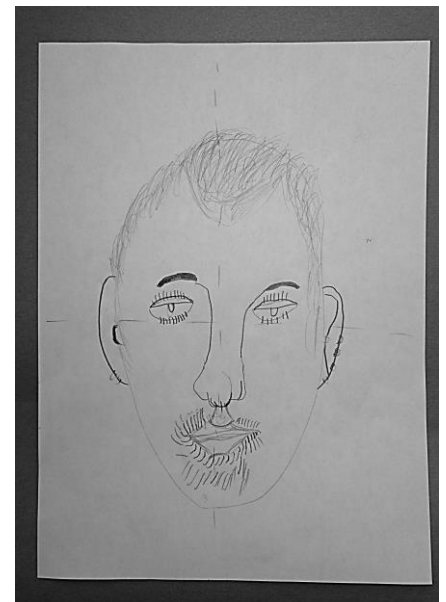
I like the market because it keeps you up to date...every day, its happenings on the financial stability that, whether you like it or not, you are part of. Think about it, everything you do, throughout life, in one way or another, costs money, for that reason, it is important to have some realization of the financial aspect.

The market is public information, in this aspect; it keeps you up to date. It also keeps you up to date on worldly matters. If there is a large boom in growth of cotton, for example, in South Carolina; this becomes an important factor to know for textile corporations...if there is a large growth in oil exporting from India, this becomes important to know for the textile corporations; they all use oil in the manufacturing process. Locally it is important to keep up to date on the manufacturing of raw products, and personal products...far and far between.



Congratulations to our former speech intern Ashley on getting her master's degree from University of Virginia!

Self-portraits by Daniel M and Jason P. Can you guess who is who?



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