

The HIRRS Circulator

March 2012, Issue 2



*Newsletter Group:
Jason P,
Horace B,
Nick M,
Tim C, &
Vicki B*

*Desmond O,
Patrick K,
Mark S,
Jason L, &
Davo H
Not pictured:
Ian C*



Dear Readers,

We are the HIRRS Circulator community, people with traumatic brain injuries or people with other conditions, but we are more than that. That is what we're here to show you. Behind every person at HIRRS there is a life and death story because pretty much all of us nearly died. Our mission is to spread awareness of how hard it is to be a person with a brain injury, our stories, and to let others know about what we do at HIRRS.

Thank you for reading our first issue and telling us how much you enjoyed it and learned about head injuries. We appreciate your feedback and your support. You will continue to see more interviews, creativity, strategies, events and personal stories. We look forward to your continued support.

Sincerely,
HIRRS Circulator Staff

Table of Contents

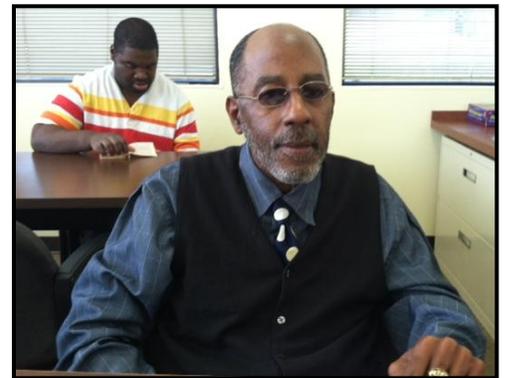
Page 1	Letter from HIRRS Circulator Staff
	Brother B on HIRRS
Page 2	Who's Who at HIRRS
Page 3	Brain Blast
Page 4	Short Stories
Page 5	Creativity Section
Page 6	Outings
Page 7	CNRM Research Study
Page 8	Spotlight On...
Page 9	Reflections
Page 10	Strategies

Brother B on HIRRS

By Horace B

HIRRS began providing services for individuals with brain injury since 1991. Our mission is to serve and provide services for those individuals who have suffered brain injury. HIRRS helps those individuals who have suffered Traumatic Brain Injury by providing them with optional services dealing with this

particular situation. HIRRS' purpose is to help individuals become gainfully employed and to provide them with services to get them back in the mainstreams of life by providing them with job opportunities and interviews, filling out applications, increasing social skills, computer skills and employment skills. HIRRS also provides services for people to be able to vent their frustrations and their trials and tribulations in life. In conclusion, our purpose and mission is to help people get their lives back together.



Desmond O & Horace B

Who's Who at HIRRS

HIRRS would like to welcome Mark S, Michael C, Jenna & Alison to Day Program!

Rick Hunter

By Liz K

Typing by Trish D

Rick Hunter is the president of H.I.R.R.S. I sat down with him last week and spoke with him. He has been president for 3 1/2 years. He likes being able to help people like staff and clients. He is responsible for the whole agency and oversees departments. He said it is a chance to build the agency into something we would like the agency to be. He was vice president. He has been with H.I.R.R.S. since 1991. He started as a rehab coordinator. He eventually became president. He loves to play games in his spare time. He golfs and plays baseball. He said his knee hurts all the time. He also loves to play games and spend time with his family.



Liz K & Rick H

Thanks to Vocational Interns, Sarah and Tracie!

By Desmond O

I want to thank Tracie and Sarah for what they do. They are very helpful, and when I work on worksheets they challenge my mind. They also talk to me about work experiences that I have had and that makes me feel good. Tracie also helps me with looking for work that I am familiar with. She looks out for what I really want to do. Tracie knows I am a team-player and she tells me that is a great personality trait. When they work with me they want to and it shows me how good of a heart Tracie and Sarah really have. I am thankful to them both for all that they do.



Mark S & Michael C

Jenna

By Jason L

On the 27th of February I had the honor of interviewing Jenna. She is one of the speech interns that works with H.I.R.R.S. We had a hard time coming together (along with others naming no names Robert and Margaret) due to our schedules. But we finally worked something out. There was one thing. We had to do the interview during her lunch. She might choke I am scared. But here is my interview with Jenna the speech intern.

Q: What is your position at H.I.R.R.S.?

A: Graduate Intern for Speech-Language Pathology

Q: What are you studying to become?

A: A speech-language Pathologist (SLP)

Q: Where do you go to school?

A: Towson University

Q: What does a speech pathologist do?

A: Helps people communicate better.

Q: Why is this field interesting to you?

A: Because I enjoy interacting with people plus helping them express what they are experiencing.

Now the interview is over and she did not choke. That is good because I do not know the Heimlich. Be safe, now off to my next hurdle.



Sarah & Tracie



Jenna

Brain Blast



*Pictured left
(from left):*

*Carrie P, Ellen D,
Eddie, Chris K,
Rudy W, Tim C,
Andre B, &
Patrick K*

Brain Blast: The Hero's Journey *By Chris K*

My wife Terry and I became aware of HIRRS after our 23 year old son Eddie suffered a serious TBI when he flipped an all terrain vehicle on September 9th, 2006. He was helicoptered to Maryland Shock Trauma. After 12 days he was transferred to Kernan Hospital for Coma Recovery and from there -- after six weeks -- to University Specialty Hospital. On December 8th, 2006 he was discharged and transferred directly to HIRRS, housed at one of their Park Station apartments. He was the first acceptee into the newly formed Maryland Traumatic Brain Injury "Waiver" program for whom HIRRS was an authorized Service Provider. He remained in the HIRRS Day Program and HIRRS housing for nearly 2 years, moving to a shared Townhouse in the Spring of 2008 where he continued to receive HIRRS job coaching and ISS services.

I became -- and still am -- a member of HIRRS's Quality Assurance Committee. In late October 2008, Maggie Hunter asked me if I would explore establishing a "mentoring" program for HIRRS clients. I agreed to do so, my only stipulation being that I had to meet with the "clients" to see what *THEY WANTED*.

Thursday morning at 9:30 am was proposed as a time when the Day Program Participants were available as they started their daily routines. On Thursday morning November 6th, I met with 20 or so Day Program folks who were present and available. I introduced myself as Eddie's step-dad and explained I was there simply to explore what they felt was working, not working and they wanted more of, less of, differently, or newly. Most of the attendees knew Eddie and so I had some credibility/acceptance as his parent/caregiver. This first meeting generated a long list of items which I promised to write up and distribute to them. The group agreed it wanted to get together the following Thursday to review and prioritize the list. At that second meeting, one of the participants -- Desmond -- coined the phrase "Brain Blast" which henceforth is what we've called the weekly meetings which ensued and took on a life of their own.

Weekly Brain Blast meetings have continued every Thursday without fail, weather-dictated and Holiday closings being the only exceptions. The aim is more and more to have participants do more of the talking and for me to do less as the group takes greater and greater ownership. I still try to take advantage of any "learning" opportunities I can bring to the group's attention. My

What is Brain Blast?

By Davo H

Brain Blast is a group formulated by us folks at HIRRS that attend Day Program. The name "Brain Blast" came from a former client named Barbara P that used to come here and Desmond O. We sit and talk and figure out what's what. It got started a long time ago when another former client Eddie had a stepdad, Chris K, with a couple of TBI's who started to frequent here every Thursday. Actually, I've been going to brain injury centers since '01, and the last place had a client that had a dad that did the same thing. Brain Blast was almost like a foreign group when it started. It didn't take long before Chris was a regular coming here in his El Camino wearing his usually unpredictable baseball cap. Chris talks about what's going on in our (the clients) lives and tries to see if we can figure out a formulation to overcome our obstacles.

current emphasis is in the following awareness areas:

--Each participant has something to give that makes a difference.

--Noting how good it feels to make a difference to another and, in turn, allow another to contribute back.

--Life is all about participating and "self-advocating."

--Problem-solving is art as well as science. It includes, but is not limited to standard steps like: defining what one wants in affirmative terms, determining who to contact with a request, how to make the case [what are the merits] for the request, scripting and practicing how to ask, and using fellow Brain-Blastees as aids in preparing, rehearsing and presenting the request.

--We say whether the glass is half empty or half full.

--One eats an Elephant one step at a time. Journey of thousand miles begins with one step. Sometimes it's best to go slow to go fast.

--We've all suffered loss. The question is what can we build for the future?

--Acknowledge accomplishment and progress even in small increments and the courage it takes to step outside of the comfort zone and try something new and different.

For me, it is a privilege and honor to come week after week. The group keeps thanking me but I thank them in return and assure them I get as much if not more as they.

I used to do written summaries of each meeting which I titled "The Hero's Journey Continues." This is exactly how I feel -- they are my heroes being in the room each week knowing where they came from -- via helicopter or ambulance, in comas, kept alive via feeding, trach, and breathing tubes.



Eddie & Chris K

Short Stories

Absolute – Part I

By Jake M

The sun rose over the piles of mechanical trash from previous wars. As it hit the pinnacle, something below began to stir, a humanoid hand twitched. It lay there in the waste, alone, with no one to use it. Its design had 4 fingers and a thumb, much like the left hand of a human and like humans, its bands and wires were hidden beneath a cover of smooth, white, titanium. Suddenly, a human hand appeared from close by and lifted the rubble. The hand was marked with many lines of what appeared to be scars and very odd, machine-like bolts where the knuckles would be.

"There's what I need," said the young man who had lifted the hand. His long, black-brown hair blew in the morning breeze as his left hand began to protrude from his trench coat. This hand was not human; it was similar to the mechanical hand he had procured from the junk heap in front of him, only its cords and bands were more visible and it appeared that it had been crudely fixed after being smashed. Beneath his coat, he seemed to be wearing an armor plate with a red glow in the center, near where his heart would be. He wore knee-high boots and armor above them to protect his legs.

Suddenly there was a wailing noise nearby, followed by an explosion. He sighed, shaking his head, remembering when he was on the front lines with the resistance. He had been the lieutenant, in charge of a band of special op. humans. Many of the robot swarm had fallen at his knees, until they created the ultimate weapon.

A tear ran down his cheek as he remembered the brave men and women that sacrificed their lives to try to keep him alive. Yes, he lived, but he had still been touched by the bio-gun and his body was slowly decomposing. "My

favorite part," he sighed looking at his mangled left hand. From his pocket, he pulled out a worn mouth guard and slid it between his teeth and bit down on it tightly as he began to disconnect the chords that were holding the mechanical hand to his battered arm.

As the last chord left his, stump of an arm, what was his hand fell limp and resembled a lump of steel. He sighed as he procured an outdated grouping of tools from his other pocket, slowly looking through the available tools.

Biting harder into the guard he sighed again as he found the soldering gun. He lowered his arm to the ground and placed the replacement hand in front of what would have been his wrist, but over the year, it too had gone and was now replaced, along with his forearm, with a look-alike machine. He began soldering the chords from the new hand to the chords in his wrist.

As he finished, the hand hung limp and he flipped open the backing of his forearm, pulling the steel bands taut so the hand rested snugly against the wrist. "I always hate that part," he chocked, after wincing due to the tightening of the bands. Flexing his fingers, he could see that this hand would help him a great deal in his quest to vanquish the war from what was left of planet Earth.

He stood after replacing his guard and tools to their pockets and basked in the early sun; he realized that he must soon leave, for his metal arm was beginning to heat against his human elbow. Suddenly he was shaken from his reverie by approaching footsteps and a hasty voice, "You, you're the outcast."

Looking to the east he squinted to see the grunt approaching him from the lower level of the scrap. "And what if I am?" he shot back, moving his hand beneath his coat to the grip of his revolver. *To be continued...*

Trapped in a Department Store

By Davo H

(Prompt from creativewritingprompts.com)

Ok, I'm Davo & this story is about what happens when a computer malfunctions and traps about 400 people in a small department store. There is only one food store there. Chaos begins then, the people bust open the windows, ransack the whole department store, and after that they bust open the food store. A lot of the people believe they're newly found electricians and they're all trying to fix the problem, but they only set themselves even back more. They make it impossible for any door to open, hence that's when the bustage begins. Doctors, farmers, nurses, policemen, plastic surgeons, everyone but electricians is working on the malfunction. The only person that comes to save the day was this superchick. She had prior experience in this field due to the fact that her dad was a crazy, yet ingenious inventor and he used electricity a lot. But yeah she put her electronical experience to good use, and everything went back to normal. The end of my story is that everyone could relax in their houses after an extremely hard day at the office.

Creativity Section

From Creative Expression Group

#1 Mona Lisa Assignment

(based on an assignment from mrsbrownart.com)

By Vicki B and Ian C

Creative Expression Group looked at DaVinci's *Mona Lisa* and drew a modern interpretation. Here are some examples:

A note from Svetlana, facilitator of Creative Expression Group. Participants created their own version of the *Mona Lisa* by posing her in a similar style but changing elements of the image to make it contemporary. It's amazing how many creative solutions the participants were able to come up with!

#2 Poem Assignment

Creative Expression Group chose their own topics and wrote untitled poems based off examples of poems using repetition.

I am trying invent a poem
Brain injury, brain injury
It's difficult sometimes
No thoughts in my head
Brain injury, brain injury
Other times, I can write and write!
Brain injury, brain injury
I guess I've got someone on my side
-Trish D

Noise, chainsaw, dog, trash truck
The crystal and calm silence outside
Explosion
Chaos
Headache
Racing heart, shallow breath
Noise, chainsaw, dog, trash truck
Breathe slowly deeply
Create calm space in me
-Vicki B



"Fun Guy" By Liz K



By Desmond O



By Vicki B



By Horace B



By Nicholas M

Library, house, cars, and school yards
Bring thoughts of friends and important moments to me
I would not give up fun for anything!
-Desmond O

Late one night
I decided to go for a long drive
To the other side of the town
To clear my head
And to think about
What I was going to do the following day
-Horace B

Enjoyment in other faces,
That's all what life has to say.
Expressions and sharing are necessary
For bearing the life
That explosion can tear.
Life is for living
And barring your soul for sharing
-Barbara P

Recent & Upcoming Outings

Trip Planning

By Desmond O

One of the trips we've gone on was the Air and Space Museum. It was a lot of fun, and a lot of work when planning. We use the Internet to find the closest location of our activity. We look for contact information like address and phone numbers and Elissa or Daria have us call them and we get any other details and we tell the group what they said. We have done a lot in Trip Planning Group. It teaches us cooperation and teamwork, respect and concentration and the trips are rewards of our work.



Trip Planning Group



Tim C, Jason P & Patrick K at the Air & Space Museum

Planetarium

By Tim C

We went to the Planetarium and it had a state park and park rangers. I signed up my name to be a park ranger but I was at Spring Grove when they called my house. We couldn't take a nature walk because it was raining. I saw a stuffed bald eagle. There was a dragon in the stars. I saw 400 year old petrified wood.

Past and Upcoming Events

Chart by Trish D

January 11, 2012	National Air & Space Museum
January 17, 2012	Movie - Mission Impossible
January 18, 2012	Boiling Brook Used Bookstore
January 24, 2012	Movie - Sherlock Holmes
January 25, 2012	Bowl America
February 2 & 8, 2012	Bauer Dr. Community Center
February 16, 2012	Joe's Record Paradise
February 24, 2012	Adah Rose Gallery & Kensington
February 29, 2012	Planetarium & Rock Creek Park
March 8, 2012	American History Museum

Keep an eye out for upcoming outings to the National Cathedral and the Circus!

Air & Space Museum

By Patrick K

Typed by Trish D

This is an article about the Air and Space Museum. The museum is in Chantilly, Va.

Going to the museum taught us more about rocket ships and NASA. We learned about Apollo and how dangerous being an astronaut is. We found out about Neil Armstrong, the first man on the moon.

Outer space is full of things to explore. We went and saw missiles and rocket ships. All of the space ships were different. Some had more missiles than others.

Not saying that the place was dirty but I think it could have been cleaner. You have to bring your own food unless you want to eat at McDonald's. You would have to pay for McDonald's but the trip itself was free. I would go there again to see other things because there was so much to see.



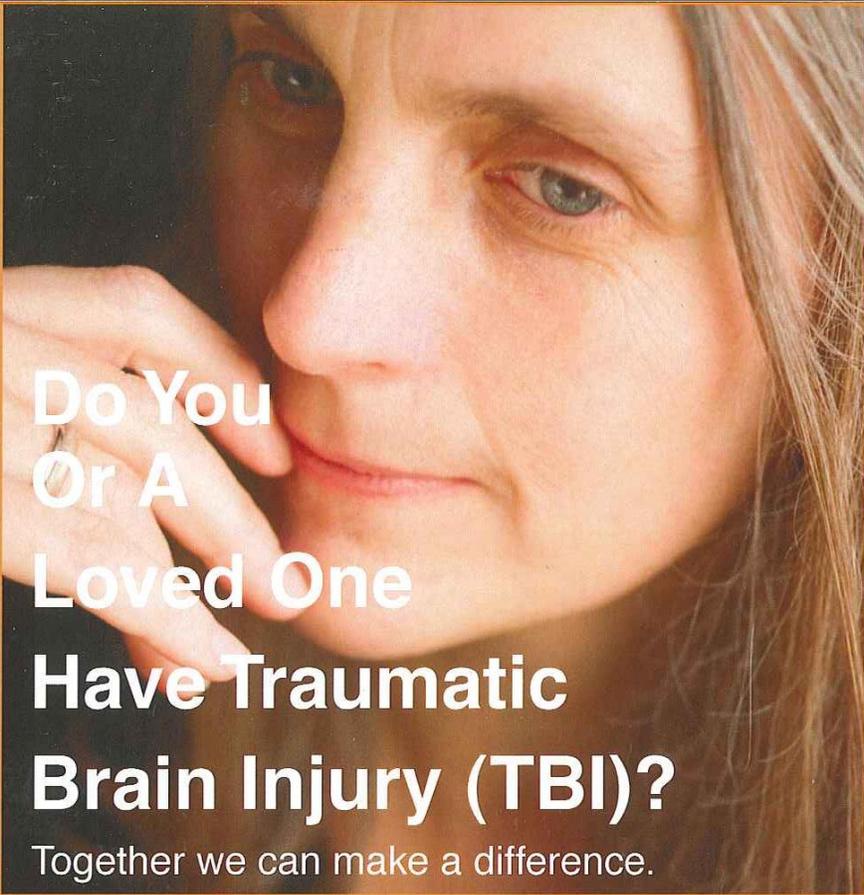
Tim C

Photo by Ian C

Mission Impossible & Sherlock Holmes

By Tim C

People at HIRRS went to the movies and saw Mission Impossible. We had to go because the fire alarm went off. Our stubs were good to see another movie, Sherlock Holmes. We had a good time.



**Do You
Or A
Loved One
Have Traumatic
Brain Injury (TBI)?**

Together we can make a difference.

The Center for Neuroscience and Regenerative Medicine (CNRM) leverages the talents of top clinicians and scientists at the U.S. Department of Defense and the National Institutes of Health to improve the understanding of Traumatic Brain Injury (TBI) and Post-traumatic Stress Disorder (PTSD).

Our primary purpose is to assist in the recruitment of patients for participation into CNRM research studies taking place at the NIH and other national capital area facilities on traumatic brain injury and related symptoms and conditions. Your participation will help us learn more about Traumatic Brain Injury.

We need YOUR help!

We are seeking volunteers to participate. You may qualify if:

- You are 18 years of age or older
- You have symptoms or diagnosis of TBI or post-concussive syndrome
- You are able to read and understand English

If you qualify, you may be scheduled for an outpatient, 2 hour visit at the NIH Clinical Center in Bethesda, MD for a physical exam, a blood test, electrocardiogram (ECG) to check the health of your heart, and a questionnaire.

All study-related procedures are provided at no cost to you and compensation for your time is provided.

For more information,
call The CNRM

at 1-855-TBI-CNRM
(1-855-824-2676)

Visit: www.clinicaltrials.gov



Protocol Title: Evaluation and Diagnosis of Potential Research Subjects with Traumatic Brain Injury (TBI)
Principal Investigator: Raymond Dionne, DDS, PhD | Protocol # 11-NR-0084



Spotlight On...

Karen Morgret & TLC the Outcomes Service

By Jason L

While sitting in my room trying to think of something to write about the meeting I had with Karen Morgret, I began to chuckle. I thought she was just a nice lady that did not have a lot on her plate. But I was proven wrong. With all the different programs she still takes the time to be nice and always smile plus give interviews such as this one. Thank you and here is my interview with Karen Morgret.

Q1: What do you do?

A: I am the assistant director for TLC the Outcomes service. I oversee the vocational rehabilitation programs for both short term and long term services.

Q2: What is your job title?

A: Assistant Director of TLC the Outcomes service.

Q3: When was the organization started?

A: TLC, the organization was started in 1950. The Outcomes service started in the 1980's as the Neuro-Rehabilitation Program and then in the late 1990's became the Outcomes Program.

Q4: Why was the organization started?

A: The organization started as a school for children with disabilities (originally lower and middle school and opened a high school in 2009), and branched out into outpatient programs and other programs including speech, audiology, testing and tutoring, the Outcomes service, Family and Hearing Center, Early Learning Center, and TLC Summer Programs.

Q5: How long have you been working with individuals with disabilities?

A: Over 28 years in senior care as well as working with individuals with disabilities. Approximately 20 years has been specifically with adults with disabilities not in senior care.

Q6: What is your past job experience?

A: Prior to coming to TLC, I worked for a sister agency in Arlington, VA. It was a facility based and community based program with enclave work for individuals with disabilities.

Q7: What is enclave work?

A: An enclave is a group of employees who work in the community. The group was at least 75% individuals with disabilities, and is one in which they provided services through federal government contracts with agencies such as Alcohol, Tobacco & Firearms, Bureau of Engraving and Printing, AHRQ (part of DHHS).

Q8: How do you help individuals with physical and mental impairments?

A: TLC Outcomes provides **Career Assessments** to help individuals determine career paths. **Employee Development Services** assists with job readiness, job skills, and other skills needed for work. **Job Development Program** assists individuals with locating and obtaining jobs. **Job Coaching** assists individuals to be successful on the job. **Speech Therapy** assists individuals with speech therapy, executive functioning, and other workplace communication skills. TLC also provided private pay **Case Management, Job Coaching, Transitional Advocacy,** and

other **Community Supported Living Arrangement (CSLA)** assistance and **Individual Support Service (ISS)** for long term funded individuals. Additionally, we provide disability awareness and education for a variety of educational services.

Q9: Concerning consumer's job placement, what approach do you take to give services?

A: We have a team approach. We have meetings to determine how to make consumers successful for both long term and short term services. We may bring in DORS and DDA when needed, to determine next steps or to assist consumers when making decisions on job readiness, job placements, accommodations needed, or job coaching. We also have monthly meetings to discuss and process successes, struggles, and to ensure a high quality of individualized services to each consumer.

Q9: Where are some of the clients working at this time?

A: We have individuals working or who have been placed in a variety of fields such as administrative services, accounting, IT work, retail/warehouse, food services, custodial, culinary arts, landscaping, and sales and marketing. Additionally, some of the employers that we have worked with include federal, state and local governments, private industry, non-profit sector, and in government contractual work.

Well it is the end of my interview with Karen Morgret and I felt it was a very informative meeting. I learned that she oversees a lot of programs that help people with disabilities. I never knew she did so much. Thank you to Trish for typing.



*This session's Cooking Group:
Nicholas M, Claudia B, & Davo H*

Cooking Group

By Shenita J

Cooking group was great and exciting. The food that we made was Chicken Fried Rice, Shrimp Egg Rolls, Herb Crusted Salmon, Fruit Salad, Chicken Pot pie, and Fruit Cheesecake Dessert Pizza. They all tasted great. My favorite recipe was Gina's Spinach Salad with Spiced Pecans. I love the Spice. It clears out your pores. All the food that we made wasn't hard to make. The easiest food that we made was Tacos. The only thing we had to do is Lettuce, Sour Cream, Cheese, 1lb Ground Beef, and Taco Dinner Package. It took about 1hr. I want to make fancy food in the future.

Reflections

Memories of Basketball & Having a Head Injury

By Nicholas M

I started playing basketball in middle school for Wheaton Boys and Girls club. I went to practice one or two times a week to prepare for our next game. Strangely, I was a right handed kid who shot the basketball with my weaker left hand. Mr. Barskey was my first coach I had at Wheaton. I got better with practice and even made my league's all star team for the best kids.



Nicholas M

When I got to middle school, they had a team for 7th and eighth grades. The six graders were left out because most of us were usually smaller because these were puberty times which does bring sudden growth and your voice begins getting deeper. Then when I became a seventh grader, the school system cut middle school basketball and everyone had to wait until high school to get into athletics. Although the school system did this in 1992, they had let kids come in and play on their own after school with no coach. They did this so kids could start to practice to get ready for high school and in rare occasions more.

I made the Junior Varsity team in the tenth grade for Stoneybrook under coach Tom Crowell. I was just a reserve player but I got good practice to stay in shape. It was good that in basketball my left arm was stronger due to personal practice I did shooting the ball with my left arm. I was a right handed quarterback and a left-handed basketball player.

Since I was a gifted and talented student in school (GT), my parents let me use my uncle's address to transfer to Paint Branch High School my senior year. I did good in school academically and made my basketball team and was on my way to getting my high school diploma in June 1997. But one night, I was with my friend Ramsey and he was driving his car. He crashed into a guard rail and I was dead at the scene. Because the police were behind us, they called the ambulance. It was so bad, I had to be moved to a hospital in Baltimore and I was in a coma for two and a half months.

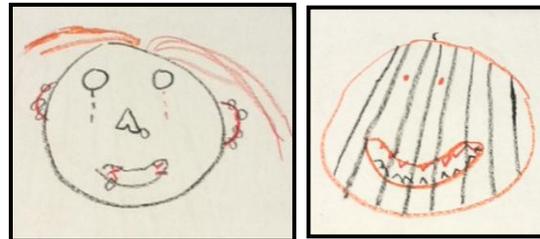
I had a brain injury that made me forget some of my school days and personal life. I was glad when I took the STD test and came up clean. A nice looking female came

up to me and said remember when we were together. I found out I have diabetes, Type 2, and that's life long maintenance every day. I'm with a nice company called HIRRS – Head Injury Rehabilitation and Referral Services. I still plan on going back to Montgomery College and looking for a good job.

My Story of Halloween

By Jason P

I think HALLOWEEN is the best holiday of the year because you can pretend to be something or somebody you're not. To me HALLOWEEN is more than superstition. It's my way to find the meaning of my life. I stand against my own reflection it still haunts me. Anyhow what matters is that kids have a good time just like I did when I was a child. Not only do I want the kids to have a good time I want them to be safe. What scares me is that, when kids walk with teenagers that they don't know. That is my take & thoughts on HALLOWEEN. I work at a place called the FIELD OF SCREAMS. The kids have fun, us actors we have a blast, just scaring kids but most of all being involved with a very strong company. My position at the field of screams, I am an actor. I am a zombie with a lot of make-up. It takes about an hour and a half to two hours. In conclusion on behalf of my-self & the rest of the staff welcome to: THE FIELD OF SCREAMS.



Jason P's
Halloween
Artwork

HIRRS Holiday Schedule 2012

Date	Holiday
Monday, January 2 nd	New Year's Day
Monday, January 16 th	MLK Jr.'s Day
Monday, February 20 th	President's Day
Monday, May 28 th	Memorial Day
Wednesday, July 4 th	Independence Day
Monday, September 3 rd	Labor Day
Thursday, November 22 nd	Thanksgiving Day
Friday, November 23 rd	Day after Thanksgiving
Tuesday, December 25 th	Christmas Day
Tuesday, January 1 st	New Year's Day

Strategies

Day Planner

By Horace B

A Day Planner is a means in which one can record and document those things and events which have meaning and substance. It is a means to allow me to record each item which is very important to help me record those events which are very important and substantial to my daily routine. It can help me keep up with those things that I need to record and remember. Each individual should use their Day Planner on a daily basis. Especially if it helps them in a positive, productive, and progressive manner.



Trish D, Vicki B & Desmond O

Helpful Links

Typed by Trish D

For more information on Traumatic Brain In-jury, visit these websites:

<http://syapse.org.au>: Provides fact sheets, personal stories, and other information on issues surrounding Traumatic Brain Injury, challenging behaviors and rehabilitation

www.tbiguide.com: An online guide explaining head injury in clear, easy to understand language. Covers issues such as how the brain functions, strategies for coping with common problems and emotional stages of recovery.

www.biamd.org: Link is to the Brain Injury Association of Maryland website, which provides information on upcoming events and fundraisers and where to find support groups.

Please submit suggestions on other sources for information on head injury to eisrael@headinjuryrehab.org.



Patrick K & Jason P

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

Post-It Strategy

By Vicki Boyle

Making quick decisions can be tough and can sometimes cause flooding. One way to slow down and take a breath is to use the Post-It Strategy. Draw a horizontal line across the top of the note and write the decision. Draw a vertical line from the decision line to the middle of the note. On the left side of the vertical line, put a plus (+) and the right side a minus (-). Now jot down the benefits, any help, whatever will make this a "good" decision, under the +. Now jot down the obstacles, problems, what prevents this from being a good decision, under the (-). Look at both sides to counting of items. The number is not always the best way to choose the decision. Sometimes choosing the side of items with deep meaning is the better choice. The decision is in the eye of the beholder.

Calling all Musicians!

By Patrick K

I want someone to play music with me. Need someone who would like to harmonize with me. Be real! Would want them to play guitar, harmonica, kazoo. Also would like them to play country rock. In order to get in contact with me, email me at kearneypatrick7677@yahoo.com.

HIRRS would like to begin providing notifications, updates, and other information via email. If you haven't already supplied an email address to us, please contact Elissa (eisrael@headinjuryrehab.org) or Daria (dmartineau@headinjuryrehab.org).