

# The HIRRS Circulator

Oct 2016, Issue Twenty

## Inside this issue:

Letter from Circulator Staff	1
News from the Day Program	2
Who's New at HIRRS?	3
Outings and Activities Recap	4
Autumn Amusements	5
Creative Expression	6-7
Best of Art Group	8
Where Are They Now?	9
Opinion Editorials	10
News from Brooke Meadow	11
Extra! Extra! Read All About it!	12

## Words from the Circulator staff:

Dear Dedicated Reader,

We are excited to celebrate the **20th Issue** of *The HIRRS Circulator*! It is awesome to see how far the publication has come. We hope you all enjoy many more editions to come. In this issue we will see some beautiful pieces of art by **Tiffany's** Art Group and some interesting creative works by **Svetlana's** Creative Expression Group.

We hope you enjoy all of the hard work we put into the newsletter: writing original pieces, editing, and formatting, just to name a few. To welcome the **20th** issue we asked clients to think of things that reminded them of the number twenty. Can you think of anything we forgot?

Thank you to all of our supporters,

The HIRRS Circulator Staff

# HIRRS 2.0



Happy Birthday: July, August, September

**Katie Y.** July 9th

**Jermaine L.** July 14th

**Trish D.** July 12th

**Jason P.** August 16th

**Carrie P.** July 13th

**Liz K.** September 12th

# News From the Day Program

## What's New in the Day Program

*With the change of the seasons, there are also many changes to our day program!*

"I enjoy the new and exciting outings we have done." - **Marc L.**

"I like to get to know all of the new staff. Especially John, Carrie, and Melanie! They are awesome." - **Steve S.**

"I like that we get to enjoy outdoor outings with the cool weather. Especially apple and pumpkin picking." - **Danny M.**



**Above: Liz K., Quinn H., and Katie Y.** work on their creative side in Art Group!

## HIRRS Clients Have Green Thumbs



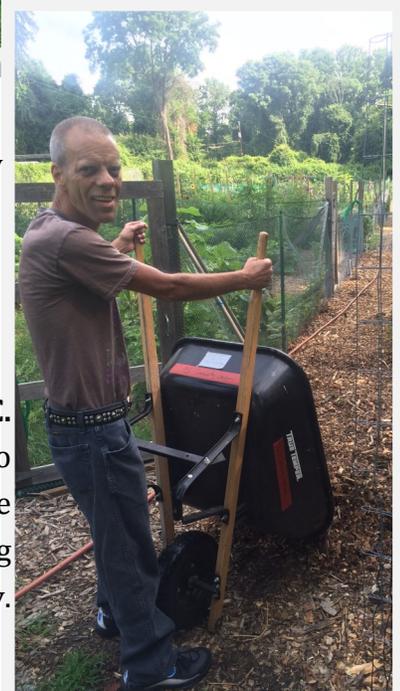
**Above: Danny M.** Sporting his gigantic tomato that he harvested from the HIRRS community garden plot! He is always the first one to volunteer to go to the garden.



**Left: Quinn H.** showing off how many hot peppers he picked in the garden. How many bets that he ate them straight from the bag? He sure does like his spicy foods!



**Left: Marc L. & Liz K.** are happy that they found some spuds in the dirt. Hard work pays off!



**Right: Tim C.** helping to maintain the garden, keeping it nice and tidy.

# Who's New at HIRRS?

*We have three new members to add to our Vocational Department. We are excited to learn more about them through their interviews!*

**How do you relate to your clients?** *Carrie:* I like to get to know my clients so that I can give them a personalized approach.

**What was your favorite class in college?** *Carrie:* In college, I enjoyed my cognitive psychology course.

**Where is your dream place to live & what is your dream job?** *Carrie:* I would live all over the globe and be a world traveler.

**What was your proudest accomplishment?** *Carrie:* My proudest accomplishment would be achieving a higher education.



## Kelsey



**What made you choose a vocational career?** *Kelsey:* Working is such a big part of a person's life. I want to help them find the best job.

**Who would you want to be stranded on a deserted island with?** *Kelsey:* I would want to be stuck with Bear Grylls. He would help me survive in the wilderness.

**What do you like to do with your free time?** *Kelsey:* I like to read mystery books, and to hike in the desert.

**What is your dream vacation?** *Kelsey:* I would love to go to the Tuscany region of Italy. Of course, I would eat tons of spaghetti and meatballs!

**What is your favorite thing about working for HIRRS?** *John:* Working with people and being able to help them, specifically helping them find a job.

**If you won the lottery what would you do with the \$\$?** *John:* I would buy a house with my winnings!

**How would you define: fulfillment?** *John:* I feel very fulfilled when I get to help others in need.

**Tell us about your favorite meal to cook and favorite meal to get at a restaurant?** *John:* I love to make homemade beef stew. When I go out to a restaurant, my favorite meal is a dish featuring sea bass.



# Outings & Activities Recap



**Left: Tim C. & Danny M.** spending some time on the *Nightingale* for the Capital River Cruise! The weather was amazing.

**Right: Andre B.** giving a “fist-bump” to his friend, Billy the goat, while at Homestead Farms.



## Recent Outings

Movie: Finding Dory	July 7
Air & Space Museum at Dulles	July 14
Bowling at Bowlmor Lanes	July 20
Homestead Farms: Blackberries	Aug 4
Mini Golf at Bohrer Park	Aug 10
Florence Foster Jenkins	Aug 18
Capital River Boat Cruise	Sep 2
Pizza Party at Ledo’s	Sep 9
Monocacy Civil War Battlefield	Sep 15

**Below: Marc L., Marie D., Tim C., Andre B., Sam M., Katie Y., Liz K., Danny M. & staff** take on the Georgetown Waterfront.



**Below: Many clients** enjoyed the beautiful weather and the Monocacy Battlefield tour. We even got a picture with the Ranger!



**Left: Marc L.** in deep thought preparing for the most important putt-putt swing of his life, on the 18th hole, the final hole. Did he get a hole-in-one? We will never know!



# Autumn Amusements

Clients participated in a caption contest. The winners were selected based on creativity and humor. Let's see what they thought of!

**Right:** Caption Contest winner, **Steve S.** wrote, "I thought the saying was when pigs fly... not when dogs fly."



**Left:** Caption contest winner, **Trish D.** wrote, "His new repertoire at negotiating isn't agreeable with some. But he has furry support system to keep him company."



## Labor Day Weekend



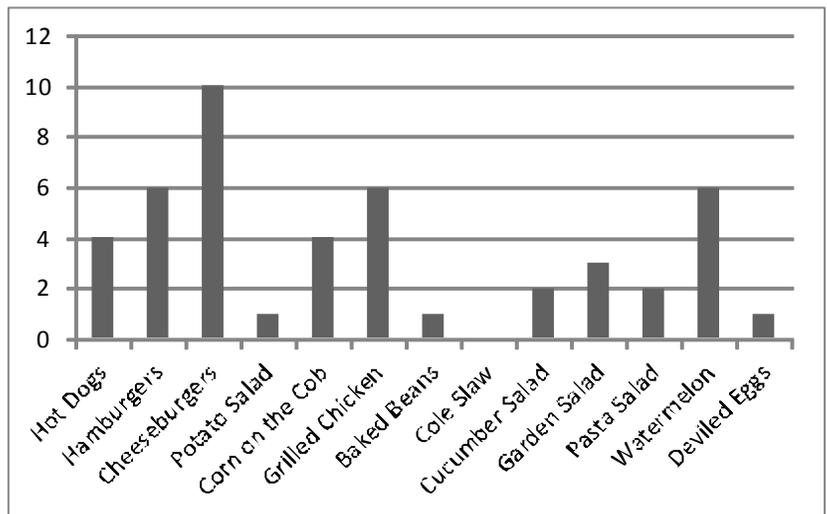
Labor Day Weekend is considered the unofficial end of summer. Labor Day has some historical ties but, nowadays we celebrate with family fun and cookouts.

With the end of summer, we can expect the start of fall. Which means back-to-school and football! But before we say goodbye to summer, let's check out some statistics regarding HIRRS staff and clients favorite cook-out foods. It's too bad cole slaw gets such a bad rap!

"Labor Day Weekend reminds me of relaxing with my family." - **Eric M.**

"Family cook-outs featuring pasta salad, taco dip, hot dogs and hamburgers."

- **Danny M.**



# Creative Expression

**Participants of Creative Expression group were asked to imagine themselves in a situation when a young child asks them to explain why leaves in autumn change their color and fall down. Here are the answers that any child, three to eighty-three years old, would appreciate!**

## **"LEAVES' LIFE"**

Every child in the world wonders why do the leaves fall down in September? The leaves are kind of like people. They get tired. In April and May, the new leaves start appearing. In June and July, they continue to grow. But in August, the leaf fairy comes down and gives the leaves some rest. They will be back in spring! **Nicholas M.**

## **"ANGELS' BREATH"**

Once upon a time the angels got together and created winter with cold white stuff falling from the sky, spring with its fresh grass and summer that had the sun burning up the earth and keeping us warm. But then they created fall. With a touch of their hands the leaves changed colors and with a breath from each angel the leaves fell one by one. **Mark S.**

## **"THE SQUIRREL NAMED ACORN "**

Once upon a time there was a squirrel named Acorn. Acorn was happy climbing up the trees. He saw the leaves change color. They were green, and now they are different colors. Maybe it's because Acorn did so much jumping on the leaves, they changed their color and fell down. It is now so nice to be outside. It's not too hot, and looking at leaves that are different colors, makes you feel happy. Once the leaves have changed their color, they will start to come off the trees. It's fun to watch. **Marie D.**

## **"MOODY FALL"**

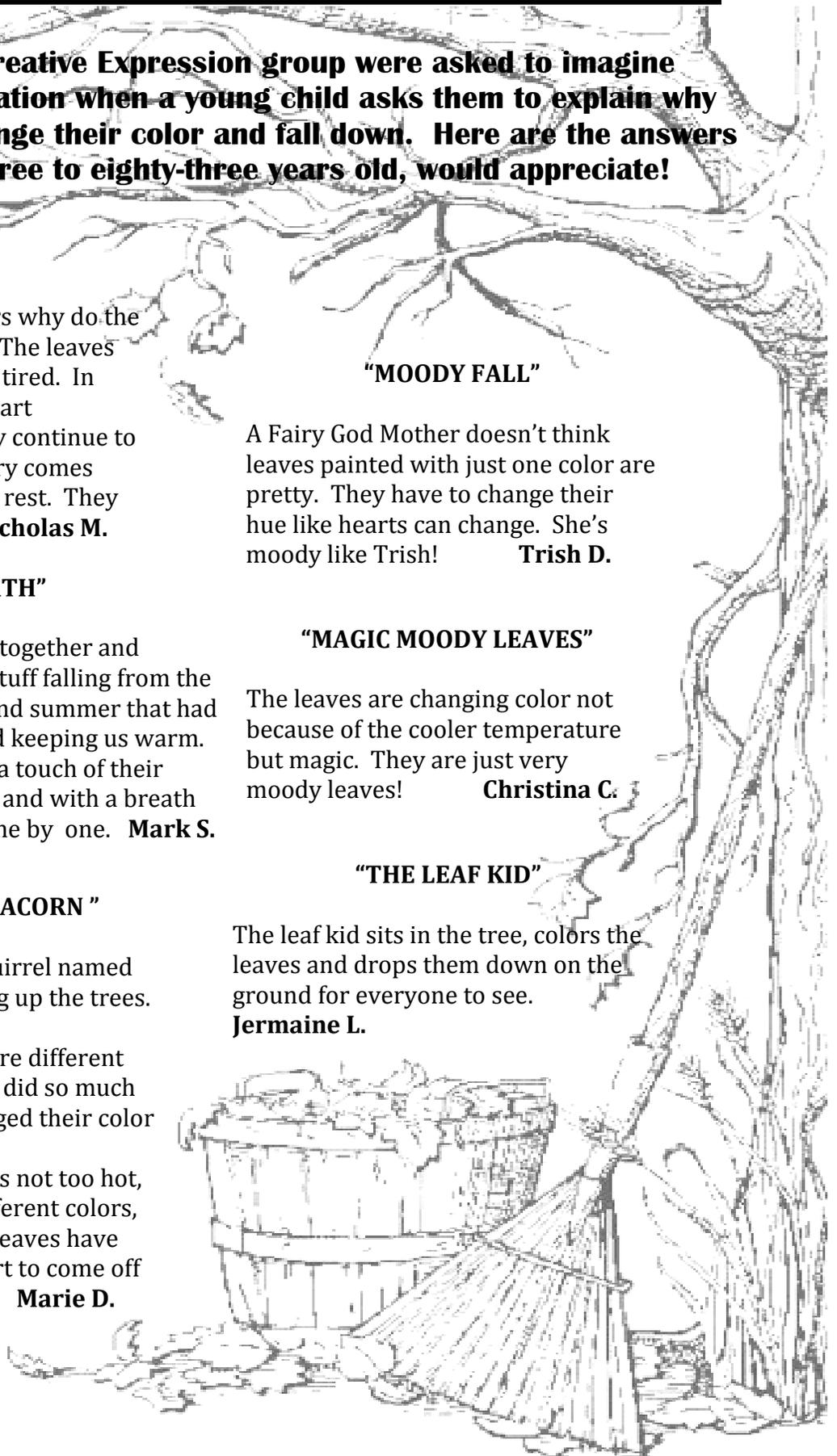
A Fairy God Mother doesn't think leaves painted with just one color are pretty. They have to change their hue like hearts can change. She's moody like Trish! **Trish D.**

## **"MAGIC MOODY LEAVES"**

The leaves are changing color not because of the cooler temperature but magic. They are just very moody leaves! **Christina C.**

## **"THE LEAF KID"**

The leaf kid sits in the tree, colors the leaves and drops them down on the ground for everyone to see. **Jermaine L.**



# Creative Expression

Participants of **Svetlana's Creative Expression Group** love fall season and wonderfully recreated it with felt and yarn. Did you notice how unique every project is even though the materials used are the same?

## Autumn's Quiet Beauty



**Left: Jean C.** created  
"Why We Call It Fall"



**Right: Marie D.** created  
"Beautiful Time of the Year"



**Left: Jermaine L.** created  
"Picture Perfect"



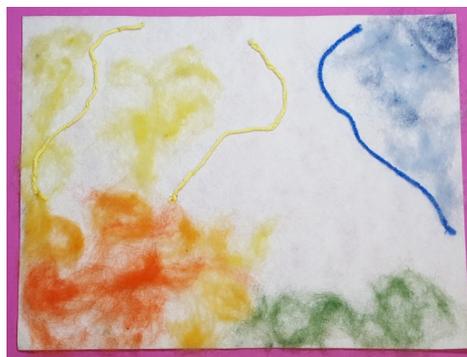
**Right: Mark S.** created  
"Hail to the Redskins Fall  
Season is Here"



**Left: Christina C.** created  
"Leafy"



**Right: Nick M.**  
created "A Strong Oak Tree in  
Autumn"

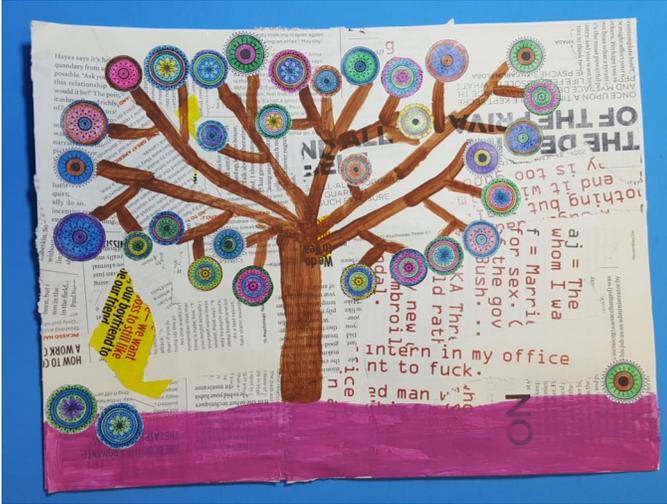


**Left: Trish D.** created  
"New Beginnings Burn On"



**Right: Svetlana** created  
"Leaves, Wind, and Rain"

# The Best of Art Group



**Left: Lisa N.** created, "Trees in Newsprint" using magazine clippings.



**Right: Marcia Y.** created, "Star in Storm" with paint and paper.



**Left: Katie Y.** created a unique three dimensional Peacock with buttons.

"Art Group is a safe place for clients to express themselves. They get to see their creativity come through while using different materials. I love seeing how this group melts away their stressors and seeing how their final projects turn out!"

- Tiffany

**Right: Liz K.** created a very modern design for her dream house!



**Left: Christina C.** created a paper mache bowl, it is especially useful for holding jewelry!

# Where Are They Now?

## Current Client Update



**Above:** Ben G. and his 1:1 aide, Ingrid work at the Jewish Community Center to sell Challah bread.

**Right:** Mark S. got to play dress up with some colonial clothing at the Monocacy Battlefield! Lookin' sharp there, **Mark!**



## Current & Former Staff Update



**Left:** Day Program staff member, Chelsea and her new husband Jeremy got hitched. It was a perfect day!

**Below:** Mel and Andre B. catching up outside of HIRRS, enjoying the beautiful weather. Mel always enjoyed chatting with clients.



**In Memoriam:** Mel was our go-to fixit man at HIRRS. No job was too big or too small. He installed ramps at the houses, fixed bathrooms, painted the main office, hung our whiteboards, made beautiful chair railings, you name it, he did it. He loved to chat, especially with the ladies, and had lots of interesting tales to tell. Mel was a veteran of the Korean War, and came to work with HIRRS in 2011, when most folks are well into their retirement. Our garden has a beautiful gate and trellis that he built for us, with Andre as his main assistant. *We will miss you Mel.*

# Opinion Editorials

## The Summer 2016 Olympics

**Clients were asked questions about the Summer 2016 Olympics. Let's see what they said!**

"My favorite Olympic sport is gymnastics! I hope that Japan takes home the gold."

**- Katie Y.**

"I like to watch the decathlon events. I hope Russia takes home the most golds. (Dedicated to Svetlana)" - **Ian C.**

"I think that honesty, bravery, and loyalty are the most important qualities in an Olympic athlete."

**- Danny M.**

"If I were an Olympic athlete, I would play tennis, of course!" - **Marc L.**

## Fall-Inspired Bucket List

**In all of the excitement for fall weather, clients made a Fall Bucket List.**

"I would love to go to Deep Creek Lake, maybe even buy a cottage there one day."

**- Steve S.**

"Going for a car ride to enjoy the fall scenery would be on my Fall Bucket List."

**- Danny M.**

"Watching the leaves change colors." - **Marc L.**

"Hay rides, pumpkin patches, Halloween!"

**- Katie Y.**



## Who Do I Admire?

**Clients were asked to write about someone they admire.**

"I admire my grandmother for her strength." - **Danny M.**

"I admire Einstein. He was a genius." - **Marc L.**

"It's not as much as who I admire, more of a question of why I admire someone. I admire an individual's ability to focus." - **Trish D.**

"I admire my mother, she is very hardworking." - **Ben G.**

"I admire Janet, she is loving, kind-hearted, and smart."

**- Denise R.**

"I admire myself for getting up and being willing to face my everyday challenges."

**- Mark S.**

# News from Brooke Meadow

*The Brooke Meadow Day Program is happy to share their exciting happenings.  
It's amazing how creative and active they are!*



**Above: Bernice and Trish** like to relax in the shade at Brookside Gardens. Especially on such a beautiful day.

**Right:** Here's an iconic photo of **Bernice** enjoying a popsicle. Yum!

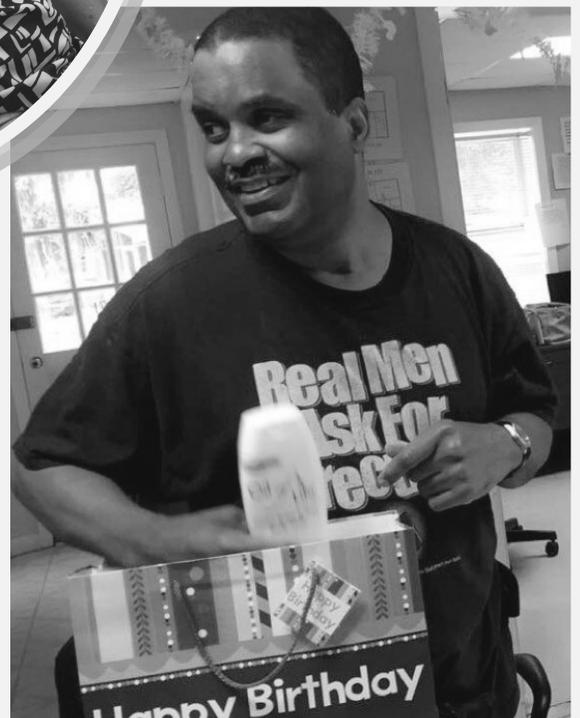


**Left: Felix** is taking all of the history in at the Monocacy Battlefield.

**Right: Mark** enjoying his birthday! Wonder what he got? Looked like an awesome party!



**Above: Denise and Staff** spend some time at Ocean City, catching some rays and waves!



# Extra! Extra! Read All About It!

**Mark S.** *Volunteers at Ingleside at King Farm retirement community twice a week!*

Volunteering has been both fun and educational at the same time. It is fun because I get to hang out with wonderful people. It has been educational because I get to talk with residents and learn about their lives. Elderly people have so much wisdom to share with us, very interesting. While volunteering, some of my duties include talking to residents and playing games with them. My favorite part of volunteering is being in such a wonderful and peaceful place. In a typical day, you can see me featured in “Coffee and Chat” and “Riddles with Mark”. Many residents come out to hear some riddles by yours truly.



**Person, Place, and Thing Story:** Clients were asked to write a story using the bolded nouns/

“There’s a **sappy song writer** sitting in a **rose garden**. He’s writing beautiful lyrics. After he finished writing for the day, he used a **deck of playing cards** to play go-fish with his grandmother. He gets most of his inspiration from Wolfgang Mozart.” - **Katie Y.**

“ A **sappy song writer** wrote a song about a **rose garden** and a **deck of playing cards**. No one liked this song. When people heard it, they thought the music was good, but the lyrics needed some work.” - **Danny M.**

## **Junk Drawer Story:**

*Clients were asked to include a list of “junk” words in their story. Junk words are **bolded** in the story.*

*Let’s see what **Trish D.** came up with...*

“Rocky beginnings for a marriage! She is to be married today and the weather calls for **thunderstorms!** The band is a **heavy metal band** and their name is “**Broken Bike Horn.**” As a gift the couple got a **stapler** and a **half bottle of soda.** How strange?”

## **HIRRS SPOTLIGHT**



HIRRS would like to thank the Maryland Developmental Disabilities Council for awarding us a TIP Grant of \$10,000! This grant will help HIRRS continue to improve vocational practices.