

# The HIRRS Circulator

June 2012, Issue 3

Dear Readers,

This is our third issue. We are trying to bring you into the lives of people that have brain injuries. We hope you've enjoyed and learned from previous issues.

In this edition we want to show you what our client writers are like. We have a new activity called "two truths and a lie." They're personal facts about us. We hope you have fun guessing what's the truth and what's the lie.

Pat Kearney is still looking for someone to play guitar with him. Along with that, we have Mark's poetry, interviews with Robert and other staff, and our Special Olympics story.

We hope for your feedback on how you think the newsletter is going.

Sincerely,  
The Masterminds



Desmond O, Horace B, & Tim C  
Three of the Masterminds

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## Congratulations Melissa and Tom!

Melissa, former intern, and Tom, Speech Pathologist, just had a healthy, 7lb baby boy, Gavin Kravulski. We want to wish them well with their new bundle of joy. Patrick says, "Good job!☺" Ian says, "Hurrah!" We are happy that Gavin and Melissa are doing well. We wish you all the best, with love. Godspeed.

Warmest Regards,  
Newsletter Crew



Gavin K!!!

HIRRS has launched its new website!  
Check it out at [headinjuryrehab.org](http://headinjuryrehab.org).

# Where Are They Now?

## Kimberly Freeman

By Kerem K

Okay, hi! I'm Kerem Enver Kolan and today I have the honor of interviewing a former client who is no longer with us. I think or I believe that she was here in 2007. I'm not really sure if she was here in 2007 but what the heck, I'm of course talking about my one and only true best friend Ms. Kimberly Freeman and I have some questions to ask her about her life in general and what she's been up to nowadays since leaving HIRRS and just kind of learning about her in general and I have agreed to ask her up to 15 questions only, to learn more about her in general so, with that said, here we go!

**Hi. Kimberly you may not remember me but I remember you. My name is Kerem Enver Kolan and I have some questions that I'd like to ask you, so here we go.**

**Q: I saw you wrote a book about a while back called *The Will To Live* and I'd like to know why you wrote that book?**

A: I wrote the book because I wanted to get my story out to everyone else who had a brain injury. So everyone else who was in an accident and had a rough time I wanted them to read my story about how I got through it. And I ended up doing okay.

**Q: Well I must say this is a very good book. In your book your mom said you were a bit shy at first about coming to HIRRS. Is this true?**

A: A little bit. I'm not a shy person as you know but I was a little shy because I didn't know anyone yet. You were one of my first favorite people. You were very nice to me when I first came here so I appreciate that.

**Q: Was there any part of you that felt sad to leave HIRRS and if so why?**

A: A little bit. I knew I'd miss everyone and I would miss you. A part of me knew I would miss you all but another part of me knew I had to get up and keep going with my recovery. I was pretty much done with my therapy.

**Q: Do you still live in Florida now or have you moved elsewhere?**

A: Nope I don't live in Florida anymore. I live in Virginia, about an hour from here. After I left HIRRS I was in Florida for about a year and a half. But I missed my family too much.

**Q: If you were to describe one or more things about HIRRS what would it be and why?**

A: I liked it a lot. It was very smooth therapy and I liked all the classes I had. It was in a different building so I don't know if you have the same setup but we had math and speech...

**Q: Have you made any new friends since leaving HIRRS?**

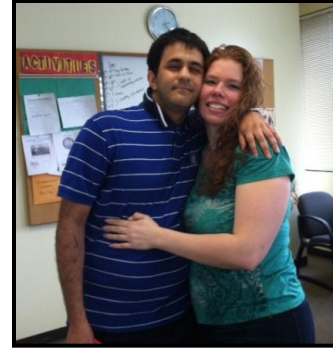
A: Yes I have. Living in Virginia I've made a good amount of friends both in Maryland and Virginia.

**Q: Would you ever like to come back to HIRRS to visit us?**

A: That's what I'm doing right now, and I will come again in a couple of months. I would like to see you again Kerem.

**Q: Where can people buy a copy of your book?**

A: You can buy it online, the website is <http://www.authorhouse.com/> Look for "The Will To Live" by Kimberly Freeman.



Kerem K & Kimberly Freeman

**Q: How long did it take to write your very first book ever?**

A: About a year. I started on the computer and I just thought hey you know what I'm going to start writing a book. I told my mom I was going to write a book and I typed the first chapter, and she told me later that she didn't believe me that I would actually write it. She said she was completely shocked when I actually did write the book and I said "Thanks Mom, thanks a lot!" I just typed a little bit every week.

**Q: What sort of work are you doing nowadays and also what was the first job you ever had?**

A: I'm still working at a restaurant right now, I'm a waitress. It's a Carrabba's, in Virginia. And my first job was probably as a babysitter. When I was younger I used to babysit all the time because I loved kids. So I made extra money on the side babysitting.

**Q: What would be your dream job that you would like to have?**

A: My dream job would honestly be to be a stay at home mom. If I could marry a rich man or at least rich enough I would love to be a stay at home mom, and raise my own kids and not have a nanny or daycare.

**Q: What sort of music are you listening to these days?**

A: I like alternative rock. I like Foo Fighters, Red Hot Chili Peppers and Blink 182.

**Q: What do you like to do in your spare time?**

A: I like to sleep, that's definitely one side effect of my brain injury, that I need more sleep than the average person. I go on Facebook and see what's going on. I like games, so if I visit my family I play games with my nephew. On my days off I usually drive up to Maryland to spend time with my nephew, sister and mom. But I work a lot.

**Q: What are your plans for the future?**

A: I don't know I'm probably going to, when my lease for my apartment ends in August, move up here to Maryland. I'd like to live closer to my family. I have a boyfriend, it's a recent thing. Things are great so far, but of course things are always great in the beginning. We'll see how things go! He's in Maryland too.

**Q: What sort of advice would you give other clients at HIRRS?**

A: I don't really have any advice. My advice is to keep doing what you are doing.

**Thank you Kimberly for coming in to meet with me and doing this interview. Let's go take a picture!**

# Where Are They Now?



Brother B &  
Eddy S

## **Eddie Shoemaker** *By Horace B*

I interviewed Brother Eddie Shoemaker regarding his time at HIRRS and what he's up to now. Thank you for your participation in this interview, and I look forward to us being able to meet again at your convenience.

**Q: When did your injury occur?**

**A:** September 9, 2006 – I was 23 years old.

**Q: What specifically was your injury?**

**A:** I flipped over an All Terrain Vehicle (ATV) and landed head first. I had a Traumatic Brain Injury and was in a coma for one month. I was in the hospital for three months. When I came out of the coma, I had to relearn how to do everything, including walk. I don't remember anything from the hospital, except my roommate Jason B, who used to go to HIRRS as well.

**Q: How did your injury affect your life?**

**A:** It put everything on hold. I lost my job at Chili's. I had to learn how to do everything all over again, including walk. My right arm was somewhat paralyzed, but is now a little more straight.

**Q: How did you react to the effects of your injury?**

**A:** I went with the outlook on it, like it happened. There was nothing I could do about it. I was pretty bent on getting better.

I was pretty motivated to get things back on track.

**Q: What did you do at HIRRS?**

**A:** Job training, job coaching – basically I got a job, a part-time position. I got moved up to full-time at NIST. I was at HIRRS for four years.

**Q: What is your most promising achievement?**

**A:** Getting a job and keeping a job. Going back to school, too, is also important. My degree right now – I want to be a Certified Nurse's Assistant. I want to help out the brain injured community – give back. This is a way to do that.

**Q: What have been your goals and objectives in life?**

**A:** To have a family and to have a job that supports my family.

**Q: What are you doing with your life now?**

**A:** Working at Safeway and I will be attending Montgomery College-Takoma Park to get the CNA degree, and I'm writing a book. I want to help out the brain injured community and I figure that's the best way because it will show everybody there's something to live for and something to come out of life. I had a TBI and I lived through it.

**Q: What does your job entail now?**

**A:** I work in the deli at Safeway – prepping salads, prepping food for people, cleaning up after people, cleaning up after myself, cleaning dishes. It's not bad. I want to eventually work the deli at Fort Detrick.

**Q: Have you developed a plan as to how you will obtain a current driver's license as it is a goal of yours?**

**A:** Yes, it is a goal of mine. Right now I have my learner's permit, and I was told I have to do up to twenty hours with a driver's instructor by NRH. I told them I want to go to Shady Grove, so I did the hours, did the classes at Shady Grove Adventist (neuro restorative). I have to work on parallel parking and backing into a space, which will require lots of practicing with my mom. But I definitely want it.

**My interview with Brother Shoemaker was very inspiring. I got to know him on a more personal level and it was a very personal and enlightening experience.**

## Spotlight On...

### **Special Olympics**

*By Liz K*

Have you ever heard of the Special Olympics? If not let me tell you about it. I have played basketball, bocce, and power lifting. In baseball you play a game like a real team. I started three years ago. You get medals in winning state games. I have a bronze for power lifting. I love it. They have a lot of sports to pick from. I play with people who play the same sports like me. The area director organizes sports. Her name is Pam Young.

To get into Special Olympics:

- 1) You have to first go online to sign up.
- 2) You need medical forms from Carol H.
- 3) You play and have fun.

In conclusion, I hope to see you out there.

### **BIADC Support Group**

Sponsored by the [Brain Injury Association of Washington, D.C.](#) and MedStar NRH, this group meets on the third Wednesday of each month from 5:30 p.m. – 7:30 p.m. in the MedStar NRH TeleHealth Conference Room on the first floor. Connect with members of the DC area brain injury community and meet other families who are going through the same things you are. Hear from brain injury survivors and their families and learn about the resources that are available to help you. For more information, contact Carol Bartlett (MedStar NRH) at 202.877.1642 or Ellen Ramsay (BIADC) at 301.641.4793.

*Information provided from nrhrehab.org.*



# Who's Who at HIRRS

## Robert Cousland

By Jason L

All of the people on the newsletter team were trying to figure out who to interview next. I might have been hearing things, but I thought I heard someone say the word corny. My mind went straight to Robert Cousland because I call his jokes corny every day. I jumped at the chance to interview Robert Cousland.

**Q: What is your job title?**

**A:** For the past five years or so I have been the director of rehabilitation here at HIRRS.

**Q: Where did you attend school and how long did you go?**

**A:** I was in classrooms longer than is probably good for you. Over the years I've attended Monash University and RMIT University (both in Australia), Nanjing University (China), National Taiwan Normal University (Taiwan) and the University of Arizona.

**Q: What were some of the courses you took?**

**A:** Um, Japanese and Chinese language, literature and history; a degree in interpreting; a teaching degree so I can teach at high school; and most recently the master's degree in speech-language pathology (SLP).

**Q: Why pick this area of work?**

**A:** Growing up I was never one of those kids who knew with certitude what they wanted to do. I've been more like a dog following whatever scents and trails seemed interesting. A love of languages led me to ponder the question of language dysfunction, and by extension, cognitive impairment. I enjoy reading books about the brain, and try to apply what I read to my work at HIRRS. But who knows what I'll be doing in 5-10 years time?

**Q: What are your job duties?**

**A:** I kind of wear two hats here. As an SLP I meet with clients individually and run groups, and as director I try to ensure the smooth day-to-day running of the program and make it as relevant and effective as possible. I'm also responsible for telling really corny jokes, though I'm hoping one day to come up with a joke that will meet with your approval.

**Q: Why pick HIRRS?**

**A:** I was working at an acute care hospital when I saw the ad for an SLP back in 2004. I'd worked with TBI survivors at the hospital, and wanted to learn more about the field. Fortunately, Brenda Tjaden and you guys gave me the thumbs up and I've been here ever since. I was offered a job at a monastery laundry once, but my wife didn't want me to take it because she didn't want me picking up any dirty habits.

**Q: Where do you see yourself in a couple of years?**

**A:** Not sure. The pull of home is getting stronger, so I may head back with the kids to Australia at some point so they can experience the Aussie lifestyle. Both of them say they want to be marine biologists when they grow up, and my folks live near the beach, so a place nearby might be good. Hopefully I can continue to work with TBI survivors. You guys are very inspiring. By the way, did you like my joke?

**No I did not like your joke. It was lame. It sucked. Even though he tells the lamest jokes, he is the nicest bald headed guy you could meet. Thank you very much for giving me the time to do my interview. Be safe to all.**



Jason &  
Robert (left)  
DeMarcus &  
Desmond  
(below)



## DeMarcus Yarborough

By Desmond O

I interviewed DeMarcus because I was interested in him as a person and if he liked his position. It cut into my lunch, but I wanted to finish learning about him. It was interesting. I learned things I did not know about him.

**Q: What is your job at HIRRS?**

**A:** Vocational department – employment specialist

**Q: What was your dream job when you were a kid?**

**A:** I wanted to be a model designer for “Lego.” I loved building things with Legos as a kid.

**Q: Tell me about your previous jobs and how would you compare it to this job?**

**A:** I worked at Service Source as a community integration specialist. I was responsible for integrating persons with developmental disabilities into mainstream society.

**Q: How did you hear about HIRRS?**

**A:** I was doing a job search via the Internet.

**Q: How did you pick this job?**

**A:** The job and the clients kinda picked me.

**Q: How long have you been here?**

**A:** About 6 years

**Q: What made you stay with the company?**

**A:** My clients and my co-workers. I love working for a small company. It makes for a family type of work environment.

**Q: Do you like the staff you work with?**

**Yes I love my co-workers – we are like family.**

**Q: Would you ever leave this agency?**

**A:** Maybe – But I don't see that happening. I hope to grow with HIRRS.

**Q: If you did not work at HIRRS what would you be doing?**

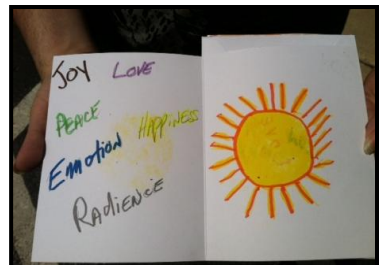
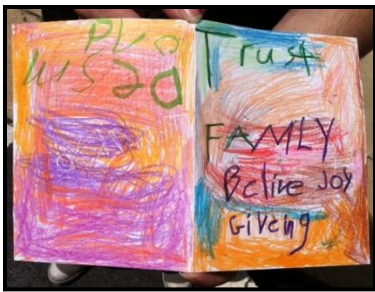
**A:** Taking JaMere fishing, playing basketball, working on my cars

**When you work with people, they can still have things about them you did not know. I was very lucky to have interviewed a friend and learned more about him.**

# Creativity Section

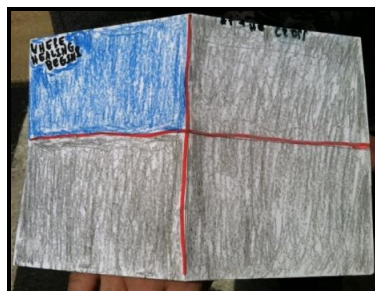
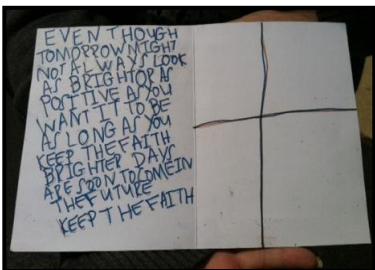
## Inspirational Greeting Cards Assignment *By Svetlana G*

The participants of Creative Expression Group were asked to make greeting cards with inspirational messages. For the decorating ideas, they were suggested to use "Art Journaling" magazine by Somerset Studio. During the first session, clients designed the draft versions of their cards deciding on the topic, word choice, colors, and other details. At the end of the session, participants shared their sketches and received the feedback from each other to incorporate in their designs. Next week they used their sketches to decorate blank cards and envelopes they were planning to use as gifts for their relatives and friends.



By Desmond O

By Horace B



By Jermaine L

By Mark S

## Untitled

*By Mark S*

My life is weaving between the lord and me  
like a roller coaster it has its ups and downs.  
I say hello to the man above  
and thank him for all the love  
keeping my life in his hands from day to day.  
It comforts me for when trouble comes  
my way. The work is hard but I'll stay steady  
in times of torn and trouble the sun will shine  
in my soul today in thoughts of summer soon  
to be here. Now as I close my eyes to  
sleep thoughts of you make me complete  
The day is long but the temperature rising in hopes  
that the summer will soon be a coming.  
The sun is shining the sky is blue as the  
HIRRS family keeps on smiling from year to year.  
My life is weaving between the lord and me  
Like I say hello to the man above  
Keeping my life in his hands from day to day.  
I wake up as a lion and go to bed as a lamb.

## Invitation

*By Vicki B*

Will you please dance with me, pretty girl?  
please, please, please  
you make my heart beat so fast  
Will you dance with me pretty girl?  
please, please, please  
We will spin and dip, spin  
and dip  
Will you dance with me pretty  
girl?  
Please, please, please  
Still my heart, please,  
please, please  
Will you dance with me, tonight?

Congratulations to Payman Jazini for winning first place in the Pastels category of the 38<sup>th</sup> Annual Art, Craft & Photography Show!

## Calling All Musicians! *By Patrick K*

I want someone to play music with me. Be real! Would want them to play guitar, harmonica, kazoo. Also would like them to play country walk. In order to get in contact with me, email me at [kearneypatrick7677@yahoo.com](mailto:kearneypatrick7677@yahoo.com).



# Recent & Upcoming Outings

## Franciscan Monastery

By Tim C

I went to the Franciscan Monastery. I got a cross and it is all mine. A good feeling came over me. The monastery made me feel good. I wish I could join. There was a saint there with the same foot as me.



Patrick K

at the Franciscan Monastery

## Dave & Buster's

By Patrick K

We went to Dave & Buster's a few months ago and also went back yesterday. When you go there it seems like Las Vegas. You didn't win money, you won tickets. The more tickets you won the more prizes you win. I like gambling and that's what I got out of it. I had fun.

## Recent & Upcoming Events

Chart by Trish D

March 13, 2012	Movie – Safe House
March 21, 2012	Wheaton Library Used Bookstore
April 10, 2012	Movie – Wrath of the Titans
April 13, 2012	Ringling Bros. & Barnum and Bailey Circus
April 18, 2012	DEA Museum
April 25, 2012	Franciscan Monastery
May 4, 2012	Red Wiggler Community Farm
May 11, 2012	Brookside Gardens
May 16, 2012	Bowl America
May 23, 2012	Dave & Buster's
May 29, 2012	Movie – Battleship
June 6, 2012	Homestead Farm

**\*\*Keep an eye out for upcoming outings to Great Falls and mini golf!\*\***

## Homestead Farm

By Tim C

We took a trip to Homestead. We picked strawberries. I had a strawberry. A lot of people picked a lot of strawberries.



Claudia B, Davo H, Andre B, & Patrick K at Red Wiggler Farm



Kara giving a tour to Claudia B, Andre B, Tom K, & Patrick K at Red Wiggler Farm



Tim C & Jermaine L at Homestead Farm

## Red Wiggler Community Farm

By Davo H

The Red Wiggler Farm is a place where growers can make money growing crops and other fruit. It's pretty much a place where people with a TBI or other disabilities can work and support ourselves.

When we were there we planted a few tomatoes and a few other types of plants, just like I would, I suppose, if I were to volunteer there, except I didn't receive any money for my plants.

In conclusion, I'd say Red Wiggler Farm is a fantastic place to get some kind of a job and visit.



Dog & Davo H at Homestead Farm

# A Parent's Perspective

## A Life Changing Event

By Emma Littlejohn

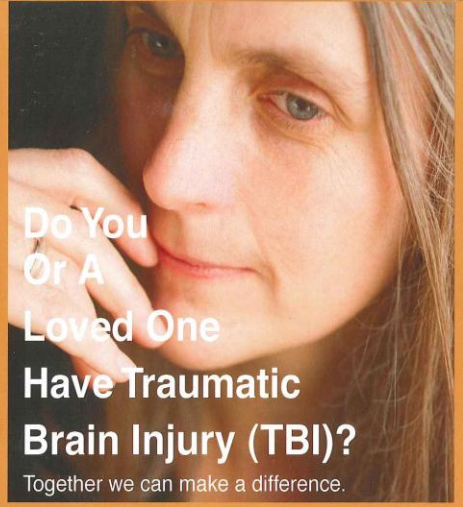
I remember the day of my son's injury as if it were yesterday. Throughout the day I had a feeling of unease, a feeling that something wasn't quite right. I continued on with my day trying to ignore how I felt until later that evening I received a phone call. The person on the other end of the phone asked if I was Jermaine's mom and I replied yes. Before the caller could speak another word, I knew something had happened. The caller explained to me that my son had been in a terrible car accident and would probably not survive. That was the day that changed not only his life but also mine.

Since he was in the military, I had to travel to Colorado. It was late evening and the next available flight wasn't until the following morning. I stayed awake all night hoping and praying that he would be able to pull through but I could only think the worst. When I arrived at the hospital the doctor informed me that he had suffered a traumatic head injury.

After being in a coma for weeks, he finally woke up and that was the happiest day of my life. It has been 14 years since the accident and we've lived together since that time. I've found that being a caregiver is probably the most difficult job I've ever had. Making decisions for someone else is not always an easy thing to do. Also, for me, it's very difficult to watch as he struggles with not being able to walk, memory problems, etc.

Before the accident, I felt that he would be the one to take care of me if needed, instead it turned out differently. I had several options, but I chose to take care of him and that's what I've done since the accident and will continue until I can no longer take care of him.

I'd like to thank everyone at HIRRS for all of the support and guidance they've given us. We couldn't have come this far without you.



**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 capitol 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](http://www.clinicaltrials.gov)



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

# Goodbyes & Hellos

## Goodbye Daria!

Day Program staff member Daria M is leaving HIRRS to become a poet! Thank you so much for all of your hard work. We'll miss you, your heart, and your hair. Good luck in New York!



Daniel M, Doug S, Daria M & Sarah G  
Cooking Group

## Hello Sarah!

We're happy to welcome former vocational intern Sarah G to Day Program staff! Glad to have you back at HIRRS!



# After Effects of a Brain Injury

By Jason L

Typing by Trish D

GOD is the reason that we are able to write what you read in this newsletter. But, no one has told you about the after effects of a brain injury. I would like to say the after effects are hard to explain because they are unexplainable, but I will try. The brain is a mystery to man because it is so complex. The end result of this sort of injury may vary for different people, so please forgive me if this whole article is not good.

The first after effect has to do with the fact that life feels like it's repeating itself over and over again. You will never know (and I hope you never will know) how it feels. Well for starters pretend you're in the movie Groundhog Day, where for a minute or two everything kept on replaying time and time again. Now multiply that (this is just a number it may vary from person to person) by four. It is hard to imagine what life repeating itself feels like when you do not have a brain injury, but that is just one after effect that comes when you this type of issue. There are many more.

Also, we have the forgetting. That without a doubt is so hard. As we speak, I could be a millionaire with all the money I have hidden (remember let me believe what I want to). I remember the time... I forgot to do something, I will be right back. I forgot to tell Robert he is bald.

The next after effect is more of a feeling for me. Do people care or not? In the movie Boyz in The Hood Ice Cube aka Dough Boy said "Either they don't know, don't show, or don't care," figuratively meaning if people do not go through a brain injury they don't worry about it. It makes me feel sad (I am manly even though I use that word) that people don't care.

There are also the people that try to get over on us (bamboozle, trick or whatever you want to say). I must speak on this issue. I come across people that think I (along with others) are not too bright, or that we cannot speak up when something is wrong or incorrect. Check this out, I was getting on the bus and this young lady was selling an article of clothing I wanted to buy. She first said "what is wrong with you." First of all, I hate when people say that to me, like I'm sick or something. I seriously dislike that question. I still answered with a "nothing." I then said "what is wrong with you." She said nothing. That told me that she was talking about my walker. The reason I asked her that is because she is only human. All humans have something wrong with them. No man is perfect. She then tried to have me pay too much, but I knew better. I will make a long story short, she tried to jip me on my change. I started thinking she must need it more than I do. So I let her think that she had gotten me, but as I was setting off the bus, I said "You are lucky you can keep the rest of the change." That is only one example. That malarkey is just one story. I have many more stories, but stuff like that happens so much I just shake my head and keep walking. It makes me sad (I am manly) that people try to get over on people with brain injuries.

The last piece of our problem is sometimes the physical aspect of our brain injuries. I say sometimes because a brain injury might hit a person's mental status also. As for me, muscles in the right side of my body will tighten up. I use a walker and like many others who have brain injuries, I take medicine, or meds for short, because in the past I had some seizures, but the medicine I am on has held it at bay for 13 years. No more sharing about myself. It makes me sad (I am still manly) to have physical issues when I used to not.

I must tell you about here at HIRRS. Well every day is almost the same. The staff tries to mix it up but there is only so much they can do. As long as we have brain injuries there will be mad episodes, sad times, happy times, forgetful moments and just off the wall stuff. HIRRS and all the other Day Programs do a lot to try to help us people with brain injuries. I hope they continue to do what they can.

In closing, people who are misinformed about us may make many judgments that are incorrect. Some of us (like me) are smart, but my baby sister would debate that (me being smart, of course). Every story has a beginning, middle, and end. People forget to look at the beginning and just jump ahead to the end instead of looking at one's whole life. Well that is the end thank you very much, Trish, for typing this whole thing up. Thank you, Elissa and thank you to the reader. Be safe and off to my next hurdle. Remember, cause I will not recall writing this whole thing, Groundhog Day. And oh yeah I have said I want two pages. So let's hope for two pages. Today two pages, tomorrow the world (echo). I apologize again for how this whole thing worked out cause it's not that good to me. Sorry. God started it off now God will end it. Thank you, God.



Jason L



# Reflections

## My Experience at HIRRS So Far

By Mark S

The things I have experienced here so far are positive and challenging. We've gone on field trips to the movies, to Red Wiggler Farm and the circus. Yet it's been challenging in the way each of the staff makes you think with the abstract thinking, using my memory (short and long term "one definitely better than the other"). But despite all that everybody here at HIRRS is a positive influence on me and my swiss cheese mind.



Mark S



Liz K

## My Trip to Ocean City

By Liz K

I went to Ocean City with my Weekenders Group. Weekenders is a group of people with disabilities. You go on trips with them. They have fun stuff to do like dances and trips to the fair. In Ocean City I went with my friend Laura. I had a great time. The weather was cold and windy both days. I got fudge and a t-shirt. I won prizes for winning games. One of my friends won me a stuffed animal. I had pizza to eat and also I got a key chain and a t-shirt. We got down there on a bus. I had a great time down there.

For more information on the Weekenders Club, visit [montgomerycountymd.gov](http://montgomerycountymd.gov) → Things to Do → Therapeutic Recreation

## The Life and Times of Patrick K

By Patrick K

My Grandfather left me musical ability in the blood. He played every string instrument and the glockenspiel. In the fifth grade I started singing in chorus. When I sang in chorus I sang solos and my teacher's name was Miss Cotton. My first solo song was "Matilda." It was a calypso song and I played bongos and conga drums. Then I fooled around on the piano, played a few Beatles songs and that was it. Then I started playing twelve-string guitar, now the twelve-string is tuned different than the six-string. I tune six strings to a low A. then the other six strings are tuned an octave off. An octave is a pitch. To know what a pitch is, you have to know what music is. An Octave is a range of keys. It can be high or low. It's all part of music. John Denver, Fleetwood Mac and The Eagles are the type of music that I play. I play country rock. In order for you to play guitar you have to want to learn to play guitar, it's easier said than done. Thank you.



Patrick K & Dog

# Puzzles & Games

## Two Truths & a Lie

HIRRS Circulator Staff asked participants to think of two TRUTHS and one LIE about themselves. Can you guess what the lie is?

L A B B D D H J V C T U I H A V E L A C  
 A N Y B K O M E E R O A N A U G I R A P  
 N T E F O L E O P A R D I G U A A V Y P  
 D I N O T A U R U R V O Z R P H S D E A  
 S T R E A M S M B E A U T Y A E N Y V I  
 C J E E P I T K X T R H A U N T B U O Y  
 A O R E V R U B O X I N G E C A O I R A  
 P C Q A T P R I J B A I F A E R A I A N  
 E B I Q O C T T G C L V W U E Q C R Y Q  
 S A O P C W L G O T L I Y R Y S O A G T  
 A W R E U O E N R A K A R E A S N A P T  
 M E O W U B D K I G H J W U T E S R E S  
 E V A B E A R E L S T N A H C Y T I T O  
 D E M A R C U S L S O U T E H E R E S Y  
 A N A L T E V S A A O J E S A N I V E A  
 J U N G L E T T A F O U R T I O C E A N  
 E N I P D A F O R E S T F I R S T K I M  
 E V E E A R O D O R S C A N B F O X Y I  
 P E V E R G R E E P A I L D N A R S U O  
 D E E R M A S O R R Y P L U M Z E E R S

1. Nicholas M
  - a. When I was in high school, I went out with girls of three different races.
  - b. My score on the SAT was over 1200.
  - c. I was stabbed before in 1997, before my coma.
2. Liz K
  - a. I have been to Africa.
  - b. I have two brothers.
  - c. I like to watch TV.
3. Mark S
  - a. I've had fifty surgeries.
  - b. I was hit by a car at age 4.
  - c. I was born in Las Vegas, NV.
4. Davo H
  - a. I have visited Australia in one of the many places that I've lived.
  - b. I was pronounced dead once in my life.
  - c. Life isn't good.

5. Patrick K
  - a. I play guitar.
  - b. I don't like women.
  - c. I like hats.
6. Horace B
  - a. I love my son.
  - b. I love seeing rainbows.
  - c. I hate music.
7. Desmond O
  - a. I have been to college.
  - b. I can't go overseas.
  - c. I have two sisters.

Truths & Lie  
 Answers:  
 1. B, 2. A,  
 3. A, 4. C,  
 5. B, 6. C,  
 7. C

## Nature & Animals Wordfind

*By the Circulator Staff*

Anaconda  
 Bear  
 Beauty  
 Boa Constrictor  
 Deer  
 Forest  
 Fox  
 Gorilla  
 Iguana  
 Jungle  
 Landscape  
 Leopard  
 Ocean  
 Stream  
 Turtle  
 Waterfall

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