

The HIRRS Circulator

February 2017, Issue Twenty-One

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Words from the Circulator staff:

Dear Dedicated Reader,

As always, the HIRRS circulator staff is proud to share their newest issue of *The HIRRS Circulator*. Although it hasn't felt like it, we are in the winter months, but we are excited to bring on some spring! We hope you enjoy our artistic works and enjoy reading out creative writing excerpts. Please also have fun with our cover page Sudoku puzzle. Many of our clients love these crazy brain teasers!

Yours truly,

The HIRRS Circulator Staff

SUDOKU PUZZLE

	8					2		
				8	4		9	
		6	3	2			1	
	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8					4	

HOW TO PLAY:

To solve a Sudoku puzzle, every digit from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows, and in each of the nine boxes. This puzzle is rated: Easy.

Happy Birthday: October, November, December

Paul M. - October 16

Christina C. - December 18

Ian C. - November 12

Tim S. - November 7

Daniel M. - October 31

Marcia Y. - December 21

Desmond O. - November 5

Who's New at HIRRS?

With each season comes new staff, and we would love to welcome our new day program staff member and our two new speech interns!

If you could live anywhere, where would it be? Roatan, Honduras

What is your favorite thing about your job? Being able to work with people face-to-face.

If you could choose to do anything for a day, what would it be? To ride on an elephant in Bali.

What is your favorite type of music? I love blues and classic rock, especially The Beatles and Journey.

Would you rather win the lottery or work the perfect job? I would rather have the perfect job, that way I would never really work a day in my life.



Who is your hero? My hero is my grandpa, we call him Papa!

What is your favorite book/movie? My all time favorite movie is Titanic!

What motivates you to work hard? Knowing what I want for my future makes me want to work hard every day to get there.

What's your favorite family recipe? Brownies!

What celebrity would you like to meet at Starbucks for a cup of coffee? Leonardo DiCaprio

What is your dream job? My dream job is an international food/travel blogger.

What is your proudest accomplishment? Almost finishing graduate school!

What makes you laugh the most? Jimmy Fallon

If you had to eat one food item for the rest of your life, what would it be? Taco Bell.

What would you sing at Karaoke night? Fall Out Boy's "Sugar We're Goin' Down"



News From the Day Program

The HIRRS Annual Holiday Party



Above: There was no shortage of dancers on the dance floor at the holiday party. Even staff members got up and danced!



Left: Clients enjoyed a Christmas carol sung by **Katie Y.** She even wore her caroling bonnet to complete the outfit. Also, thanks to **Chelsea** for holding up her visual aide, for all TWELVE days of Christmas.

Below: **Eric M.** on the dance floor. This picture does not do his dancing style justice, he is amazing!



Above: **Liz K.** and **Larissa** enjoying the wonderful festivities!

The Elks Lodge hosted yet another annual holiday party without a hitch. A special thanks to their staff for making it so memorable!

“My favorite part of the holiday party was being able to sing the Christmas carol ‘The 12 Days of Christmas.’ I felt like the Grand Finale!” - **Katie Y.**

“I enjoyed watching Eric M. with his awesome dance moves.” - **Andrew K.**

“The FOOD!” - **Marc L.**

“It would be hard to pick one favorite part because I enjoyed the whole party!”

- **Jason P.**

“Being able to spend time with other clients.” - **Nick M.**

Below: **Marc L.** and **Nanyaka** are showing their Christmas spirit on the dance floor. Featured right next to the beautiful tree!



Outings & Activities Recap



Left: Trish D. and Adwoa are relaxing on the pontoon boat at Black Hills Park.



Right: Liz K. posing for a picture with the Claude Moore farm boy.



Above: Danny M., Quinn H., Marie D. & Lynette M. are sitting pretty in a ballroom at the Mexican Cultural Institute. **Below &**

Right: Pictured is the magnificent mural in the stairway and a day of the dead art piece.



Recent Outings

Black Hills Pontoon Boat Ride	Oct 6
Pumpkin Picking at Butler's	Oct 13
Claude Moore Colonial Farm	Oct 20
Movies: The Girl on the Train	Oct 25
National Sandwich Day Picnic	Nov 3
Mexican Cultural Institute Tour	Nov 10
Black Rock Center Gallery	Nov 15
Grateful for HIRRS Lunch	Nov 23
Glen Echo "Nutcracker" Play	Dec 15



Right: Marie D. & Andre B. taking in the last bit of nice weather on the pontoon boat ride.



Vocational Update

There are many things that you can do to prepare yourself to either enter the workforce or return from an absence. If you are stuck when it comes to what careers may interest you, if you are unfamiliar with what opportunities are out there, or if you are unsure of how your skills line up with the jobs you want, there are a few things you can do:

Take some time to volunteer:

Volunteering can help you build your vocational skills by:

- Testing your current skills
- Learning new skills to enhance your resume
- Testing out which type of work you may enjoy



Explore jobs in your community:

- Ask your family and friends what they do, and see what they like/dislike about their jobs. Perhaps you can ask to shadow their position—see if you like their job.
- Is there a store or business you go to often? Ask the employees or owner about their business and what tasks/responsibilities their jobs entail. Observe what they do and see if it is something that interests you?

Do some online research:

- Learn more about what people in the field you are interested in are doing by going online to find out.
- You can search for videos showing how people do their jobs.
 - A good source to look at is the CareerOneStop Career and Cluster website. This website has about 550 career videos:

<https://www.careeronestop.org/Videos/CareerandClusterVideos/career-and-cluster-videos.aspx>

Sign up for a job trial:

- If you have a good idea of what career you would want to do, go out and talk to a local business. Ask to see if they are willing to test your skills.
- It's a great way to not only test your skills with the business, but also to see if you like that job through a trial.



These are just some examples of what you can do! If you need help getting started or feel like you may need support completing these activities contact the vocational department. They are willing and excited to help you get back on track returning to work.

Tis the Season...

The Tuesday after Thanksgiving has recently been dedicated as "Giving Tuesday." During the holiday season, it is important to give thanks for what we do have, and help those who are less fortunate.

Luckily, there are many opportunities during the holiday season to give back to our community!

back to our community

Let's give

"I would volunteer to work with animals, specifically pandas." - **Steve S.**

"I would donate half of my gifts from Christmas to people who are homeless or to those who need them more." - **Andrew K.**

"I like to volunteer at the Washington Home (or at least I have in the past)." - **Trish D.**

"I am not sure yet what I would do to give back to the community, but it is important." - **Eric M.**

"I would give money to the community to help those less fortunate." - **Andre B.**



Define Thankful...

"Thankful means noticing what you do have." - **Andre B.** "It's another word for thanks." - **Eric M.**

"Thankful is spending time with the ones you love..." - **Steve S.**

"Thankful means being grateful to people who show others concern and kindness." - **Andrew K.**

Let's Ring in the New Year

"My New Year's resolution is to get a gym membership and start exercising. I hope to get in shape and improve my health." - **Danny M.**

"I enjoyed watching the ball drop in Times Square on T.V. We even stayed up past midnight!" - **Katie Y.**

"Every year people make a New Year's resolution, but it is so hard to keep it and achieve your goal." - **Andre B.**

"I hope to work towards my goals this year." - **Eric M.**



The Best of Art Group

Melanie's Art Group has learned about various artists: Picasso's work was divided into periods. These periods were known as the Blue Period and the Rose Period. The Blue Period was a time that Picasso used blue and green colors. The Rose Period was a time that Picasso used pink, orange, and red colors. The Blue Period paintings by Picasso were more somber while the Rose Period paintings were happier.



Top Left: Ben G. Created a Picasso inspired piece called "Sunset."



Right: Lisa N. created a painting called "Blue Bird."



Bottom Left: Katie Y created "Rose Period Inspired."

Right: staff members **Nanyaka** and **Melanie** assisted clients with their beautiful art projects. This time they were inspired by the historical beauty of stained glass. Evidence of stained glass windows in churches can be found as early as the 7th century.

"Art speaks where words are unable to explain" - Mathoile



Creative Expression

*There was not much snow this winter, but group attendees had enough imagination to create the **Magic of Snow** art. Sweet memories, fresh perspective, colorful clay, and glossy mod podge were all used to make these interesting pictures. Enjoy!*



Right: Marie D.
created "Snow
Memories"

Left: Nick M.
created "Frosty the
Snowman"



Right: Mark S.
Created "Snow of
Different Colors"

Left: Jermaine L.
created "Rainbow
Snowflakes"



Right: Christina C.
created "Snowy Day"

Left: Ian C. created
"Yesterday's
Snowflake"



Right: Lynette M.
created "Snowy
Night on the Beach"

Left: Trish D.
created
"Snowgregation"



Creative Expression

你好 HOLA سلام خايرتے Ahoj Privet

Participants of Svetlana's Creative Expression Group were asked to write a poem starting with the word "Hello" which prompted a discussion about what "Hello" means to them. Rhyming or not, their answers are thoughtful, witty and original.

hello!

Hello Winter,
You suck. You are so cold
And make life so difficult.
Why can't you just go away?
Good bye, Winter!
I wish I could say "nice to meet you"
But I would be lying. - **Christina C.**

"Hello?"
(I am the only one who will talk in this conversation)
"Do you know who this is?"
(Trust me they know)
"Where have you been?"
(As in avoiding me)
"You could have said something"
(But they didn't want to)
"So you pick up your phone now? All the sudden"
(With hesitance, whispering I can tell)
"To get me out of your ear for good"
(Trust me I don't mind)
"Hello! That's sarcastic"
(You're thinking goodbye)
"Goodbye. I mean, like for real! Goodbye." - **Ian C.**

Hello best friend,
The sun is shining.
My heart is always open for you.
Enjoy your life as much as I do mine.
Our friendship is forever.
And that is absolutely fine! - **Marie D.**

"Hello" is the word that starts something.
It's what you are looking for.
Hello is the beginning of a new idea.
It's a way to introduce yourself
And to start of a conversation.
The hardest part of saying "Hello"
Is saying "Good-bye". - **Jermaine L.**

Hello,
How is it going? You will be OK.
Just try your best for the future
And take it one day at a time.
Stay positive in your mind
And sooner or later
Your life will be prime. - **Nicholas M.**

"Hello" is introduction, it is the begging.
It sets the tone for conversation that's winning.
However you start can set the mood.
So, please, do not be rude!
Leave the reader happy
And try to finish it snappy.
Cuz I don't have much time
To find words that rhyme. - **Trish D.**

Hello,
It's me. The one who likes to write stories.
I can change the outcome to make somebody's story perfect.
My story, however, is not perfect
But it is not finished yet. - **Lynette M.**

Hello World,
Here I am.
There nothing special about me.
But here I am with a nose, two ears, two eyes, but with a brain injury.
A smile that brighten a rainy, cloudy, dark day.
So, bring it on, World!
Here I come, brain injury, depression, surgeries and all. - **Mark S.**

CIAO 안녕하세요 bonjour CZEŚĆ GUTEN TAG

Opinion Editorials

What if...

Clients were asked to answer some creative “what if” questions. Let’s see their responses.

What if people hibernated like bears?

“There would be no ‘normal’ people anymore.”

- **Andrew K.**

“People would miss out on Christmas!” - **Marc. L**

“I’d be in heaven. Sleeping all winter.” - **Steve S.**

“People would be very well rested!” - **Nick M.**

“It would be smart if they hibernated in shifts.” - **Ian C.**

What if snow was made out of ice cream?

“Then the icicles would be made out of popsicles.”

- **Katie Y.**

“More people would be fat!”

- **Andre B.**

“Baskin Robin would be out of business.”

- **Ian C.**



Finish the Story

Clients were prompted to finish the story below:

Three children are sitting on a log near a stream.

One of them looks up at the sky and says...



Picture Above: Andre B. drew three children on a log looking at a kite flying by.

“...there is just one cloud in the sky.” - **Eric M.**

“...look at the clear blue skies, feel the warm sun, and most of all feel that warm breeze.” - **Danny M.**

“...I see God in the clouds.” - **Katie Y.**

“...whatever happened to the good ‘ole days of running around and not caring who would miss you?” - **Andrew K.**

Congrats!

Clients were asked to finish the follow story:

Congrats! You won a contest on the radio for...

“I was listening for the song of the day, I was the ninth caller, and I won tickets to go on a cruise to Alaska.” - **Jason P.**

“A cash prize and an award for being the first caller!” - **Eric M.**

“2 MILLION DOLLARS!”

- **Danny M.**

“Being the best rapper alive and the best seller of my CD!”

- **Andrew K.**

“I won a contest for finding Tom Brady’s jersey!” - **Ian C.**

“I won a trip to Hawaii, a free vacation!” - **Ben G.**



News from Brooke Meadow

Below: Janet and Felix K. stop dancing for just one moment to snap this wonderful picture. It was great to see everyone having so much fun at the HIRRS Annual Holiday Party.



Left: Staff members Adwoa and Georgina cut the cake at **Adwoa's** going away party! She dedicated so many years to HIRRS, she will be surely missed!



Right: Justin S. and Hannah cheezin' at **Adwoa's** going away party. So much love!



Right: Janet, Denise R., John S., Bernice W. and Adwoa celebrate the holidays on a nice outing! They always dress up to make every outing special.



Extra! Extra! Read All About It!

Andrew K. was asked to write a short story about an imaginary city. ...

“A place filled with lush forests, treehouses, and homes in tree trunks, forest animals rule this city. The all mighty king is the lone lion. He runs with pride as he builds his city up from the ground with determination to rule the city he calls home. The other animals fear and respect him.

But when arguments and chaos amass his city, there is no one as mighty as the tiger who rules the land with his mighty statements and political views. He stands for reasoning and a fair opportunity for independence. When independence runs dry, there’s no one better to rule than the monkeys who steal, and rave about who can destroy a city into turmoil and ashes. There is none more powerful than the phoenix, who with beauty and resilience rises from the ashes to restore peace and prosperity to the city to the way it was before.”



Left: We are so proud of **Eric M.** and his accomplishments with the Special Olympics. He was awarded a medal for a Track and Field event. He must be very fast!

Below: **Jason P.** was awarded a medal for Special Olympics golf! He always impresses us with his golf skills!

