



**ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS**

Special Outings and Announcements APRIL 2010

Mark Your Calendars!	
Monday, April 5th	PROGRAM CLOSED in observance of the Easter holiday.
Thursday, April 8 th	Members will be making a trip to the Cherokee Reservation to tour their historical Museum.
Monday, April 12 th	Members will tour the City Building of Asheville next to the courthouse downtown, as well as the recently renovated Pack Place.
<i>Saturday, April 17th</i>	<i>The Brain Injury Association is celebrating its annual Walk and Roll-athon at Carrier Park! Please go to this link to register: http://www.bianc.net/</i>
Monday, April 19 th	Members continue to give back to the community by volunteering at Manna Food Bank.
Monday, April 26 th	Members will continue exploration of the architecture of local churches, as well as the community resources they provide, by visiting the Basilica of St. Lawrence in downtown Asheville.
Thursday, 29 th	Members will be joined by pet therapist Tycer and his dog Jackson as creative inspiration toward achieving their goals.

Important Announcements
<p>HELP! Volunteers still needed for Pet Soup trips! Members would love to continue volunteering at the Brother Wolf Canine Rescue's "Pet Soup" shelter for cats and dogs. But we need one adult volunteer to join us every time we go! We've decided to cut back our volunteer plans to one Tuesday a month. Please talk to Julie if you can help! Or call the office at 274-0570.</p>
<p>Every Wednesday: Chef Matt Chatham will continue to join us every Wednesday to help us learn delicious new recipes. Please remember that we need every Member to bring in their assigned ingredients in order to make our projects a success!</p>
<p>Every Tuesday: Friend of Hinds' Feet Farm, Reggie Vickers, has taken the principles in "<i>Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally</i>" by Patti Digh, and created a personalized series of sessions that will challenge members to change their focus from "What" they want to be - to "Who" they actively want to be. The Members are SO thankful and excited about this enlightening opportunity!</p>
<p>Every Monday: Friend of Hinds' Feet Farm, Christine Moody, has graciously agreed to share her knowledge with the Members! She is a Massage Therapist at Care Partners and a certified yoga instructor. She will continue to join the group Monday afternoons to help start the week off in a healthy direction.</p>
<p><i>Thank you all for your support and enthusiasm!</i></p>



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Mondays in April 2010

9:00 to 10:00 am

Chores (V): An experiential group focused on sharing chores to maintain the spaces we use as well as give back to the church community hosting the Hinds' Feet Farm program. Members, student interns, volunteers, staff, and all of the community lend a hand in this interactive "honest day's work" that includes everything from washing windows to gardening.

Community Meeting and Greeting: Time for members to review the schedule for the day, share stories, jokes, or announcements, and practice the skills of socializing as well as listening.

10:00 to 12:00pm

Out and About (R,P,F): Every Monday we will leave home base for a new adventure! On 4/12, we will tour the City Building of Asheville and the renovated Pack Place. On 4/19, we will continue our work volunteering at Manna Food Bank. On 4/26, we will continue our exploration of the architecture of local churches, as well as the community resources they provide, by visiting the Basilica of St. Lawrence in downtown Asheville.

12:00 to 1:00pm

Brown Bag Lunch (S): The Hinds' Feet Farm community will bring their own lunch.

Quotable Quotes (C): Inspiring quotes will be shared daily at lunch to encourage contemplation of bigger themes, and Members have enjoyed sharing their thoughts with each other as a group. This month the quotes will be based around the same theme as Tuesday's session on "*Life is a Verb.*"

1:00 to 1:50 pm

Yoga (R, E, P) Continued: A volunteer leader, Christine Moody, will help Members get back in touch with their physical bodies through stretches and fun movement activities. This session helps Members to be more mentally focused as well. Christine is dedicated to being respectful of each Member's unique comfort and ability level. Some focus points in the coming weeks are balance, ankle and foot strength, and relaxation techniques.

1:50pm to 2:00pm

Program Concludes with a Daily Review of Activities

Hinds' Feet Farm daily program offers numerous opportunities based on the Member Council, through ongoing needs assessments, member input and program evaluations. As a result, the daily program schedule is subject to minor variations based on programming opportunities. Please attend Hinds' Feet Farm's Community Meeting or contact program staff for the latest developments.

Each structured daily activities fall into one of the following thematic categories:

V: Vocational **R:** Recreational **E:** Emotional **C:** Cognitive **P:** Physical
S: Social **F:** Functional **A:** Creative Arts

Unique and Innovative Programs for Persons Living with Traumatic and Acquired Brain Injuries

Huntersville
(704) 992-1424

www.HindsFeetFarm.org

Asheville
(828) 274-0570



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Tuesdays in April 2010

9:00am to 10:00 am

Chores (V): An experiential group focused on sharing chores to maintain the spaces we use as well as give back to the church community hosting the Hinds' Feet Farm program. Members, student interns, volunteers, staff, and all of the community lend a hand in this interactive "honest day's work" that includes everything from washing windows to gardening.

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Focus on Fundraising (A): Members engage in a variety of projects geared toward expressing their creativity, exploring different art mediums, and making marketable creations to raise the funds that make our many outings possible. New project ideas range from macramé, to working with clay, to making simple bird feeders.

AND

10:00am to 12:00pm Once a Month

Volunteering at the Animal Shelter (V): Hinds' Feet Farm Members continue to contribute to the community by helping Brother Wolf Canine Rescue's "Pet Soup" shelter. We enjoy walking the dogs, playing with the cats, and helping out with tasks that keep the shelter running smoothly.

12:00 to 1:00pm

Brown Bag Lunch (S): The Hinds' Feet Farm community will bring their own lunch.

Quotable Quotes (C): Inspiring quotes will be shared daily at lunch to encourage contemplation of bigger themes, and Members have enjoyed sharing their thoughts with each other as a group. This month the quotes will be based around the same theme as Tuesday's session on "*Life is a Verb*."

1:00 to 1:50 pm

Living Life (S,E,C) Continued: A volunteer leader, Reggie Vickers, helps Members work toward living life more fully as they explore what it means to: wake up to the world in the moment, mindfully examine the choices that make us who we are, and intentionally create a path to move towards one's desire(s). Reggie has based the ideas he shares in this session on the book, "*Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*" by Patti Digh.

1:50pm to 2:00pm

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10:00am to 12:00pm

Chef Matt's Café (C,F,V) Continued: Matt, the cousin of one of our Members, is a professionally trained, experienced chef that will continue to help Members learn some skills in the kitchen! He will join us weekly to help Members experience foods they may never have a chance to otherwise, such as Ratatouille, Eggplant Parmesan, and Crème Brule. Members will each be responsible for bringing an assigned food item on these days, so remember to add these things weekly to your shopping lists!

12:00 to 1:00pm

Brown Bag Lunch (S): The Hinds' Feet Farm community will bring their own lunch.

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1:00 to 1:50 pm

"Brain Injury Survival Kit" (C,V,F): Members will be studying the book Cheryle Sullivan, MD wrote after her brain injury to provide "**365 Tips, Tools, & Tricks to Deal with Cognitive Function Loss.**" Cheryle lives in the Asheville area, and as a doctor and brain injury survivor she offers a unique perspective on neurological damage and the resulting functional impairments. Hopefully we will all find some tools and tricks to use in our daily lives!

1:50pm to 2:00pm

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10:00am to 12:00pm

Cultural Explorations (C,A,S): Take a journey with us to learn more about cultures! Members will continue to build on the American Sign Language skills they have learned. They will also go to the Cherokee Museum and learn about Native American culture. Other outings in the works include a trip to the Blue Ridge Parkway's Visitor Center to see their historical movie, touring the art gallery at the Asheville Airport, and exploring the options at our local Farmer's Market.

12:00 to 1:00pm

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1:00 to 1:50 pm

Continuation of either Cultural Exploration outings or Fundraising projects (C,F,V): Some outings Members will take in the mornings will run into the afternoons. On other days, Members will finish up on fundraising projects they began on Tuesday.

1:50pm to 2:00pm

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