



**ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS**

## Special Outings and Announcements JUNE 2010

<b>Mark Your Calendars!</b>	
Saturday, June 5 <sup>th</sup>	Kickoff for “Surf 2TheSurf” Fundraiser: Marion Karr, local business leader and brain injury advocate, will begin the first ever long-distance skateboard trip across the state to raise awareness for traumatic brain injury (TBI) and funds for Hinds’ Feet Farm. The event, aptly named “Surf2TheSurf”, begins in Asheville and continues through Huntersville to Raleigh and ultimately to Wilmington. Along the route, Marion and support staff will be available to speak to local youth groups and organizations about the importance of helmet safety and to raise awareness of brain injury. Please come join us at 10:30am at Skyland Automotive to help him begin his journey! There will be free food, skateboarding demonstrations, and giveaways.
Thursday, June 3 <sup>rd</sup>	On this beautiful summer day we will be visiting the Woolworth Walk art gallery to view local artists’ ceramics, paintings, drawings and other wondrous objects, and then head to the soda shop for a root beer float.
Monday, June 7 <sup>th</sup>	Members have been enjoying our exploration of the architecture and culture of local churches, so we will visit the All Soul’s Cathedral in Biltmore Village on this day.
Tuesday, June 8 <sup>th</sup>	Thanks to our loyal volunteer, Reggie, Members will get to go to the animal shelter they love to help out at – Pet Soup.
Thursday, June 17 <sup>th</sup> and Thursday, June 24 <sup>th</sup>	Members will begin a series of visits to the Bullington Center, a 12 acre horticultural education center in Henderson County N.C. Once the home and nursery of Bob Bullington, it is now a place for children and adults to learn about gardening and plant science with hands-on workshops. It also a place where visitors can stroll the grounds, enjoy the gardens and find a peaceful spot. They even have special raised planting beds for easier access for all.
<b>Tuesday, June 15<sup>th</sup></b>	<b>CARF visit!</b> The agency called the Commission on Accreditation of Rehabilitation Facilities (CARF) will be coming to visit the program to interview members, families, and stakeholders and help Hinds’ Feet grow and improve. If anyone would like to join us during this time – all are welcome! Please call Julie at 274-0570 for details.
Monday, June 14 <sup>th</sup> , 21 <sup>st</sup> , and 28 <sup>th</sup>	The specifics of these days have not been nailed down yet. One of the Mondays, Members will continue to give back to the community by volunteering at Manna Food Bank. The Members are researching outings to Grandfather Mountain, sites where movies have been filmed, and more Arboretum trips for the other two Mondays.
<b>July 5<sup>th</sup> through the 8<sup>th</sup></b>	<b>PROGRAM WILL BE CLOSED</b> all that week in celebration of the 4 <sup>th</sup> of July and our completion of the CARF survey process.

### Important Announcements

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.

Every Tuesday: Friend of Hinds’ Feet Farm, Reggie Vickers, has taken the principles in “*Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*” 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.

*Thank you all for your support and enthusiasm!*



ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS

## Mondays in June 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 6/7, we will tour the All Soul's Cathedral to learn more about its architecture and community. On another Monday, we will continue our work volunteering at Manna Food Bank. Then for the last two Mondays in the month, Members have chosen to research and work toward a possible trip to Grandfather Mountain and local destinations where movies have been filmed. If those destinations are not possible, Members would like to continue trips to the NC Arboretum.

### 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](http://www.HindsFeetFarm.org)

Asheville  
(828) 274-0570



ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS

## Tuesdays in June 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.

**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.

### 10:00am to 12:00pm on 6/8

**Pet Soup (V):** Thanks to our loyal volunteer, Reggie, we will be able to go back to visit and help out at one of our favorite places – the animal shelter named Pet Soup.

### 10:00am to 12:00pm on 6/15

**CARF visit!** The agency called the Commission on Accreditation of Rehabilitation Facilities (CARF) will be coming to visit the program to interview members, families, and stakeholders and help Hinds' Feet grow and improve. If anyone would like to join us during this time – all are welcome! Please call Julie at 274-0570 for details.

### 10:00am to 12:00pm on 6/22 and 6/29

**Clay Creation (F,A):** Members will continue working with clay to learn the many different ways to create objects. Thanks to the generous donation of clay from the Odyssey Center for Ceramic Arts, Members are making beautiful rattles, bowls, and more to sell as a fundraiser. And Odyssey is even allowing us to use their kiln to get our finished products! We are so grateful!

### 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

**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*



ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS

## Wednesdays in June 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.

**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.

### 10:00am to 12:00pm on 6/2

**Walking and Talking (P, S):** Members were divided between wanting to walk and wanting to socialize – so on this day we will do both! We will go out to a park to walk for an hour, and then we will come back to program to play some easy games and just "hang out."

### 10:00am to 12:00pm on 6/9

**Cooking up a Storm! (F,C):** Members Dean Slack and Carri Collier will help members create a culinary delight that is easy enough for them to do at home. Explore your ability to be creative with suggestions and follow detailed recipe instructions for the menu items the Members will create for their lunch.

### 10:00am to 12:00pm on 6/16 and 6/23 and 6/30

**A Picture is Worth a Thousand Words (V,C,A):** Member Kirk Wilder is teaming up with Joe Barrett to share the knowledge he is gaining from a photography class with everyone. Once everyone gets the basics down, they'll choose a topic as a group to focus their photographs on in hopes of working toward a gallery opening in the future.

### 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

**Trusting (C, E):** Two Hinds' Feet Farm Members, Carri Collier and Kirk Wilder, will be sharing their knowledge about how the 12 Steps traditionally used by AA can be adapted to help anyone conquer challenges of all different kinds. Learn the value of assessing one's present position in life, staying healthy each day, and focusing toward one's future with a meaningful strong intention!

### 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*



ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS

## Thursdays in June 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.

**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.

### 10:00am to 12:00pm on 6/3 and 6/10

**Sight Seeing (C,A,S):** These sessions will focus on exploring opportunities and places that we've never been or would probably not go to alone. Outings in the works include: a trip to the Blue Ridge Parkway's Visitor Center to learn about our Appalachian History and the Blue Ridge Parkway; touring the art gallery at the Asheville Airport; touring the Farmer's Market; and exploring the French Broad River.

### 10:00am to 12:00pm on 6/17 and 6/24

**Green Thumbs (V):** Members will begin a series of visits to the Bullington Center, a 12 acre horticultural education center in Henderson County N.C. Once the home and nursery of Bob Bullington, it is now a place for children and adults to learn about gardening and plant science with hands-on workshops. It also a place where visitors can stroll the grounds, enjoy the gardens and find a peaceful spot. They even have special raised planting beds for easier access for all.

### 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

**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.

We have also been lucky enough to receive some bamboo, and are brainstorming a lot of ideas for how to use it.

### 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:

<b>V:</b> Vocational	<b>R:</b> Recreational	<b>E:</b> Emotional	<b>C:</b> Cognitive	<b>P:</b> Physical
<b>S:</b> Social	<b>F:</b> Functional	<b>A:</b> Creative Arts		

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

Huntersville  
(704) 992-1424

[www.HindsFeetFarm.org](http://www.HindsFeetFarm.org)

Asheville  
(828) 274-0570