

HINDS' FEET FARM – HUNTERSVILLE, NC
COMMUNITY MEETING AGENDA, ANNOUCEMENTS, AND DAILY SCHEDULE
APRIL 2009

- **Community Introductions...**Let's introduce visitors/guests, and ourselves as a community. Today's ice-breaker question is...?
- **MemoryPower:** How are we remembering program details? Let's pull out those day timers, pocket calendars, etc?
- **A Common Sense Community...**What are some of the common sense guidelines that are important for us to remember and practice at Hinds' Feet Farm as we prepare ourselves for the work world, living independently, & enjoying friendships?
- **Achieving Personal Goals...**What personal long and/or short term goals are each of us striving towards?
- **Encouraging/Affirming Words:** Please share encouraging/affirming words toward others in our community!
- **Member Announcements...**What's up? What's happening? What's new? Any Birthdays?
- **Community Announcements...**What's up? What's happening? What's new?

Hinds' Feet Farm's upcoming dates in chronological order:

- Mondays in April, Hinds' Feet Farm's therapeutic horseback riding program is well underway as we welcome community volunteer's Georgia Navarro, Kris Batchelor, Mary Bruner and volunteers. Through a series of "Horse 101 Head to Tail" group/class experiences, members will take an active, progressive role in learning about horses, horse care management, and riding. Members participating in the riding program will need to complete the Therapeutic Riding Forms by April 15th or return them to HFF ASAP. **No riding program on the Monday, April 6th. Check our therapeutic riding web page... http://www.hindsfeetfarm.org/about_us.asp?id=9**
- Wednesdays in April, 1-2pm, Family and Caregiver Support Group meeting at Hinds' Feet Farm. Co-facilitated by our social work interns, family and caregivers.
- Tuesday, April 14th, 11a-12noon, Tricia Gardner, Chaplain, Presbyterian Hospital Charlotte, will be leading Hinds' Feet Farm's monthly group, "Honoring our Spiritual Journey: A Common Ground."
- Wednesday, April 15th, 10:30-11:30am, Community Connection, HFF will be visiting NC Assistive Technology, Charlotte as we learn about the latest technology to assist people with disability. Lunch at a restaurant is to be determined.
- Thursday, April 16th, 12:30pm, Community Connection, HFF will be visiting UNC-Charlotte to support Anna Blanton's capstone presentation which completes her Master's degree in Social Work through the College of Health and Human Service. The capstone topic is on Traumatic Brain Injury and Veterans returning from War. We will bring our own Brown-Bag-Lunch to eat before the presentation.
- **SATURDAY, APRIL 18TH, 12noon – 4:30pm, Parade of Barns and Open House @ Hinds' Feet Farm,** The Parade of Barns is a new fundraising event for Hinds' Feet Farm and is scheduled for Saturday, April 18th, Tour local barns in the greater Huntersville/Davidson area and all proceeds go to support Hinds' Feet Farm. Costs is \$10 for adults and children 12 and under are free. This link from our website will give you more details: <http://www.hindsfeetfarm.org/support.asp?id=9>
- **During the last week of April, we will be saying farewell to our social worker interns from UNC-C. Thank you Anna, Ashlie, and Katrina for a fantastic experience! We wish you well!**
- Several Community Connections are being planned by members and interns through April so please stay tuned.
- The last week of every month is game week based on member request, please plan accordingly!
- **Charlotte Area Brain Injury Association's events, and other events in greater NC brain injury community.**
Please Contact Barbara Westphal for further details on all events (704-547-1563)
 - Saturday, April 25, 2009, The Schiele Museum, 1500 East Garrison Blvd, Gastonia, NC
 - June 20, Annual Water Ski & Picnic Event, Lake Norman YMCA, Cornelius, NC
 - August 15, Charlotte Knights Baseball (Norfolk Orioles)
 - September 18 -20, Camp Carefree
- **Today's Schedule!**
- **Community Experience:**
 - **"Word of the Day" to enlighten the community; "Joke Du Jour" to laugh us through the day or a round of laughter; "Riddle of the Day" to riddle us; "Words of Wisdom" to live by.**
- **Conclusion...**Thank you everyone! Have a great day!

Hinds' Feet Farms' community of staff, community volunteers, and student interns.

Anna Blanton, University of North Carolina – Charlotte, Master's Degree Social Work student intern joined us in late August 2008 for a nine-month internship (Fall 2008 – Spring 2009) internship.

Patti Boug attended university in Canada where she gained her Bachelor of Arts degree as well as her Bachelor of Education degree. She is a certified yoga teacher through the Asheville Yoga Center. She has lived and taught yoga in Canada, Europe and US. She loves sharing yoga with staff and members at Hinds' Feet Farms.

Will DeGrauw, Hinds' Feet Farm Day Program Director, is a Certified Rehabilitation Counselor, Case Manager, and Brain Injury Specialist. He has practiced in the rehabilitation field for twenty years specializing in community-based, brain injury rehabilitation and will be facilitating various workshops at Hinds' Feet Farm.

Marty Foil, Hinds' Feet Farm Executive Director is an enthusiastic advocate for persons living with brain injury, especially through numerous state and national lobbying efforts on behalf of the greater brain injury community. Marty is very active in the areas of prevention, education and outreach. Marty is a Certified Brain Injury Specialist.

Tricia Gardner, Chaplain, Presbyterian Hospital Huntersville, will be visiting each month to conduct the spirituality group, "Honoring our Spiritual Journey: A Common Ground."

Katrina Kerr, University of North Carolina – Charlotte, Bachelor's Degree Social Work student intern joined us in September 2008 for a nine-month internship (Fall 2008 – Spring 2009) internship.

Jennifer Lowder, a Hinds' Feet Farm Program Coordinator and Certified/Licensed Occupational Therapy Assistant, joined us in July 2007. Jennifer has years of clinical and administrative experience assisting people living with brain injury, and has worked at Carolinas Rehabilitation.

Georgia Navarro and Kris Batchelor, will be helping to start up Hinds' Feet Farm therapeutic horseback riding program for 2009. While both women have years of experience with horses, Georgia is completing her Instructor's Certification in therapeutic horseback riding

Sarah Nielsen, an interior designer, will be consulting with members and family members to create a healing and rejuvenating home environment for their journey of recovery,

Annie Seier, a Hinds' Feet Farm Program Coordinator with Master's degree in social work joined us August 2007. A University of Georgia and Warren Wilson College graduate, Annie has a diverse background in clinical and school settings related to eating disorders and autism.

Lori Tate, writer, editor, actress and Hinds' Feet Farm community volunteer will be sharing her talents with us by facilitating by creative workshops in writing, theater and performing arts.

Ashlie Tyson, University of North Carolina – Charlotte, Master's Degree Social Work student intern has joined us in January 2009 for a five-month spring internship.

Stephanie Yewcic is a psychiatric/mental health nurse practitioner and clinical nurse specialist with an extensive professional healthcare background, health & wellness coaching. Stef completed her advance degree from the University of North Carolina – Chapel Hill. Stef guides members through their yoga practice.

HINDS' FEET FARM – HUNTERSVILLE, NC
MONDAY, APRIL, 2009

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

(9:00 to 10:00 am) Early Morning

Animal Care (V): Hinds' Feet Farm's horses (Macy, Shay-Day, & Puddin), our miniature donkey (Martin) and cats (Precious, Branches, & Rose) need to be fed every morning and what better way to start the day then to take care of our farm animals.

Farm Chores (V): Designed to connect with the roots of Americana in an experiential group of sharing the chores as we care for Hinds Feet Farm. Members, student interns, volunteers, staff and all of the community can lend a hand in this interactive "honest days work."

(10:00 to 12:00am) Mid Morning

Horse 101 – Head to Tail (R): Hinds' Feet Farm Therapeutic Riding Program is underway with a series of classes to prepare us to "get back on the horse." Classes include: horse anatomy, grooming, horse behavior and body language, and horse/rider safety.

(12:00 to 12:30pm), Lunch

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

Topic of the Day or Activity Choice: During the lunch hour, we will explore a thought provoking topic presented by the community, or a lunch time activity will engage our time together.

(1:00 to 2:00 pm), Early Afternoon

"A Place To Grow" (E): Spring is fast approaching and its the perfect time of year to plant some veggies! This group incorporates therapeutic gardening to promote growth of self along with the growth of some yummy produce! Members will learn about gardening basics as well as how plants can teach us some valuable lessons about recovery and mental and physical health.

2:00pm Program Concludes with a Daily Review of Activities

**HINDS' FEET FARM – HUNTERSVILLE, NC
TUESDAY, APRIL, 2009**

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(10:00 to 11:00am) Mid Morning

A Safe Place (E): We all need time where we can come together as a community and feel free to speak openly and honestly about our life experience and ourselves. A Safe Place is a space where we all have the chance to speak and be heard without judgment from others. It is a safe place...

(11:00 to 12:00 noon), Late Morning

Ashlie's Potpourri (COG): A mystery mixture of fun activities to engage all the senses and exercise your brain through arts and crafts, team building, and problem solving activities. Expect the unexpected and learn something new every week!

(12:00 to 1:00pm), Lunch

Farm Chores: At NOON bring in the trash cans from the street!

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

Topic of the Day or Activity Choice: During the lunch hour, we will explore a thought provoking topic presented by the community, or a lunch time activity will engage our time together.

(1:00 to 2:00 pm), Early Afternoon

Step by Step (P): Physical exercise can improve mental health and Step by Step is designed to build in the simple exercise of walking to improve our physical/mental balance. Pedometers will assist members in measuring progress and mental health tips will keep our journeying grounded and centered.

2:00pm Program Concludes with a Daily Review of Activities

HINDS' FEET FARM – HUNTERSVILLE, NC
WEDNESDAY, APRIL, 2009

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(9:00 to 10:00 am) Early Morning

Animal Care (V): Hinds' Feet Farm's horses (Macy, Shay-Day, & Puddin), our miniature donkey (Martin) and cats (Precious, Branches, & Rose) need to be fed every morning and what better way to start the day than to take care of our farm animals.

Farm Chores (V): Designed to connect with the roots of Americana in an experiential group of sharing the chores as we care for Hinds Feet Farm. Members, student interns, volunteers, staff and all of the community can lend a hand in this interactive "honest days work."

(10:00 to 11:00am) Mid Morning

What's Burn'n in the Kitchen (F) is designed around quick, simply prepared meals and to enjoy a meal together. While we'll really try hard not to burn our meal, we are lookin' to fix something good to eat.

Cultural Encounters of the Third Kind (C): Embracing cultural diversity is our goal on this group as our community will be exploring cultural diversity through language and dance. We will be Bouncing to Washington, River Dancing to Ireland, and who knows where else!

(11:00 to 12:00 noon), Late Morning

BrainPower: A Cognitive/Speech/Memory Group (COG): is designed to assist members in the remediation of cognitive/speech/memory challenges encountered in everyday living and to teach functional strategies. Paper/pencil, computer software programs, technology and peer support/techniques are the important learning tools.

(12:00 to 1:00pm), Lunch

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

Topic of the Day or Activity Choice: During the lunch hour, we will explore a thought provoking topic presented by the community, or a lunch time activity will engage our time together.

(1:00 to 2:00 pm), Early Afternoon

Community Meeting (V): The Hinds' Feet Farm community comes together with an opportunity to share news, announcements, and program happenings. The day's group options are reviewed, and members are able to choose activities for the work order day. The meeting concludes with a "Word of the Day" to enlighten the community, "Words of Wisdom" to live by, and a "Joke Du Jour" to laugh us through the day.

2:00pm Program Concludes with a Daily Review of Activities

HINDS' FEET FARM – HUNTERSVILLE, NC
THURSDAY, APRIL, 2009

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(9:00 to 10:00 am) Early Morning

Yoga with Stef/Patti (P): Mindfulness meditation through the gentle movements of yoga. Learn how to relieve stress, find emotional and physical balance, all while stretching and strengthening your mind/body/spirit.

(10:00 to 11:00am) Mid Morning

The Power of Personal Values (E): Caring, Integrity, or Responsibility...What's important to you? In this group, members and community will be exploring what really matters to each of us in an open conversation.

(11:00 to 12:00 noon), Late Morning

Flavors of Music, AKA: Music JAM (C): Music flavors our lives and we will be exploring music through taste and sounds. Sounds intriguing! Does Beethoven's Fifth taste like a hot pretzel or a yellow Skittle? Come and find out!

(12:00 to 2:00pm), Lunch at the Movies

Lunch at the Movies (R): Bring your own Brown Bag Lunch and enjoy the latest release or old flick at the Ark. So, bring in those PG movies on a DVD and let's enjoy some popcorn!

2:00pm Program Concludes with a Daily Review of Activities