



HEADS UP GROUP SUPPORT

# Newsletter

April 2006

## SPRING SHOWERS WILL BRING MAY FLOWERS ☺

No HUGS Birthdays this month;  
instead let's celebrate **our new website:** [www.conejohugs.com](http://www.conejohugs.com)!

### UPDATES

- ❖ A special THANK YOU goes to SHAUN B. who spent 40-plus hours designing our new website and logo. His talent is greatly appreciated and as a token of our gratitude, I would like to offer the donations to be collected in April at HUGS to him. He is living on his own, working and going to school and could use a little gas \$. **Muchas Gracias, Shaun B!**
- ❖ The daytime meetings were a lot of fun and a welcome opportunity for daytime socialization for many. Now we have a regular meeting place at Eggs "N" Things (in T.O.) on the 4<sup>th</sup> week of the month at 11:30 am.
- ❖ The ceramics evening with Terry was enjoyable, and soon our masterpieces will be posted on the website. **Also, please let me know what other activities you are interested in doing at HUGS.**
- ❖ Our thoughts and prayers go to caregivers who are having health troubles (Pat, Isabel, Diane, the Rullman's, and the list may go on). It is easier said than done to 'put on the mask on ourselves first', when our brain injured loved ones depend on us for their well-being. Access to resources makes a big difference and that varies for each family. It is important not to hesitate and ask for help. Somehow, we all need to figure out ways for our respite. Our health depends on it.

~Verónica

### MAY OUTING - Planning ahead

Let us "BRAINSTORM" and plan a local May outing!

#### April Meetings

6<sup>th</sup>: Socialization and fun: cognitive games; bring jokes to share ☺

13<sup>th</sup>: Creative Art: materials provided to make your own greeting cards

20<sup>th</sup>: Speaker: Corky, from the Department of Rehabilitation, comes to tell you about the services they offer according to your needs

27<sup>th</sup>: 11:30am Meet at Eggs "N" Things in Thousand Oaks for lunch

Meetings 6:30-8:00 Thursday Evenings

72 Moody Court, Thousand Oaks

Except: 4<sup>th</sup> week: 11:30am lunch @ Eggs "N" Things

5<sup>th</sup> week: 11:30am movie @ Oaks Mall

Questions? Call: Verónica 805.498.6851