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**HEADS UP GROUP SUPPORT**

# NEWSLETTER September 2007

*"The true value of a human being is determined primarily by the measure and the sense in which he (she) has attained to liberation from the self."*

*~Albert Einstein*

## **BIRTHDAY**

Happy, Happy Birthday to Diane on the 30th!

## **NEWS**

- EMERGENCY ALERT cards will be distributed at this month's HUGS meeting for those who are in need of them. It is a very important safety tool.

- We are **still** looking for a **spiritual** speaker, **preferably an eclectic, non-religious individual**, who can assist with some of the lingering post-trauma questions. **Suggestions please.**

- Planning some meetings ahead:

**October-** Artistic Expressions. Bring your creative juices to have some fun and make greeting cards.

**November-** Socialization

**December-** time off or holiday party? Make your voice count and chime in!

- Pick time for a bowling night in October and potluck in early November.

- Zuma beach is out for Katherine and I with her foot fracture and her upcoming bone-graft surgery on the 20th. Others are welcome to plan and go.

- Please remember to donate :)

~Verónica

**MEETING: 2nd Thursday of the Month**  
6:30-8:00pm at 72 Moody Court in T.O.

## **13th - Guest Speaker: Loislyn**

Do you have your Advance Directive or Durable Power of Attorney in order? Does Your brain-injured loved one carry an Emergency Alert Card at all times? Joins us to discuss such interesting topics and more. Loislyn is a traumatic brain injury survivor and Certified Advocate in Disability Rights with loads of valuable information.

## **27th - Brunch at Eggs 'N' Things**

Meet at 11:30am at Eggs 'N' Things in Thousand Oaks to socialize.  
Remember to BRING JOKES :)

## **FREE CONCERT EVENT**

22nd & 29th at 6:30pm Teresa Russell Performs at the Westlake Promenade. Come out for a fun music-filled evening!

## **CONTACT INFORMATION**

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