

HUGS Newsletter

AUGUST 2005

Greetings ☺

- ▶ Although attendance was low in July (we know how these summer months go...), those of us there have had fun. Small groups have a therapeutic advantage. Our ceramics night with Terry was a big success, and soon we will see our beautiful finished (fired) work of art. We hope to repeat this fun activity in the future.
- ▶ Speaking of art, this month we will be making greeting cards on the 25th thanks to the generous donations for the supplies from Shawn Firebaugh and Steve Needham (her husband). THANK YOU SO MUCH!
- ▶ Also, THANK YOU to all of those of you who joined us at the Community Forum night. It was an informative event. That night, along with other discussions led me to the conclusion that I will not pursue forming a non-profit for H.U.G.S. at this point in time. I realize that we are all maxed out caring for our families (lack of Board members), and my energies will be best used by continuing to do our H.U.G.S. meetings as we have. I will continue to pursue efforts to network to provide services/activities for our loved ones. The good news is that there are people interested in developing a program (club house/group home/?) for brain injury survivors here in the Conejo Valley. The important thing is that we join forces and make it happen.
- ▶ Ryan N and Katie are missed from our meetings, but we wish them the best as they work learning skills towards learning self-sufficiency.
- ▶ **Be sure to join us on the 18th and meet Lois Lynn. She is an inspiration for survivors and has a wealth of information on resources.**

~Verónica

Outings

1. **August 27th, 7:00 pm** : Meet at Mimi's for dessert
2. **September**: Outing at The Lakes in Thousand Oaks
3. **October**: Join to Russell Family at Pirates in Oxnard for a musical experience

August Meetings

- 4th : Survivors meet with Dr. Donna
- 11th: Socialization/intros/games
- 18th: Speaker: Lois Lynn, survivor and advocate of TBI
- 25rd: Creative Expressions: Make greeting cards!

Meeting **6:30-8:00 Thursday Evenings**

Call: Verónica 498.6851