

December 2016

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Words to Live By

“Life is 10% what happens to us and 90% how we react to it”

– Dennis P. Kimbro

Provided by Devlon

Communicare in the Community

Every Tuesday and Thursday is member Community dinners at Utica lodge. All Communicare members are welcome to join us at 5pm! Also, every Friday we do community inclusion outing in which all members are welcome to attend.

Community Outing Schedule:

1/6/17 Detroit Institute of Arts

1/12/17 Movies

1/20/17 Aquarium at Great Lakes Crossing

1/27/17 Lunch out in the community

Graduation Day

Congratulations are in order for Communicare Michigan member Melissa. Melissa graduated from the University of Michigan Dearborn on December 17, 2016, with her Bachelor's degree in Electrical Engineering. Her story is one of triumph. She had just begun her studies at UofM when she was involved in an auto accident that left her with many physical injuries; including a TBI. Melissa was so determined to complete her degree that she went back to classes while still in a wheelchair. Seven years later, with the support of Communicare's multi-disciplinary team, she is an accomplished University of Michigan Alumni. We are so proud of Melissa and happy to have been a part of her journey.



Communicare in the Community

2016 was a great year for Communicare Michigan, LLC. We opened the Lake Tarpon Lodge in Tarpon Springs, Florida. Communicare Communication Studio, our most recent Day Program location in Utica, has been warmly received by members, stakeholders and the community at large. To celebrate these milestones and kick off what should be an even better 2017 our team spent a night in glitz and glamour with dinner and fun at Motor City Casino. It was a night of laughter and fun!

The Holiday Schmooze is always THE event of the season. Communicare was proud to be a sponsor again this year. The Reserve was decorated beautifully, the food was delicious and the program honoring Michael Dabbs as the 2016 Catalina Andres Humanitarian Award winner was touching.



Day Program Locations

**Multi-Disciplinary Outpatient
Therapy Facility**
40800 Woodward Avenue
Bloomfield Hills, MI 48304

**Communicare on Canvas Art
Studio**
426 W. University Drive
Rochester, MI 48307

**Communicare Communications
Studio at Utica Lodge**
44612 Davis
Utica, MI 48317

Communicare Communications Studio

The Utica Lodge hosted a fabulous holiday party for all of our members. The lodge was full of laughter, games and food. Our staff loves to spoil members and this party was no different! The feast served was prime rib, potatoes, macaroni and cheese and broccoli. A dessert buffet of cookies, pies, cake and candy was enjoyed by all.



Communicare on Canvas

Our cozy clubhouse in Rochester really felt like felt like Santa's workshop this December. Members put the wreath making supplies away and focused on new projects. 4x4 pieces of wood have become a new favorite medium to create pieces of art. In October we used them to make Halloween decorations; they were such a fun project that in December we used this same medium to make holiday decorations. Who doesn't love to saw and paint in the same project? Staff and members also had a great time jazzing up clear glass ornaments with paint and glitter to decorate the clubhouse trees and their personal trees at home.



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Communicare Michigan LLC

Clinician's Corner



Memory loss can add a lot of extra stress or frustration during day to day activities. Here are a few common strategies that may be used to improve memory loss post TBI:

- 1). Consider using a cell phone or a digital calendar to send yourself reminders for your scheduled appointments. Make sure alarms are set so as to allow yourself enough time to make it to your appointment.
- 2). If you are not tech savvy, use a small personal calendar for appointments or a note pad to write down important information or directions.
- 3). Ask conversational partners to repeat themselves when necessary. There is no shame in asking for repetition. You do not want to miss anything important!
- 4). Work with a professional therapist, such as a speech and language pathologist or an occupational therapist, to learn to organize information more efficiently so it's easier to remember.
- 5). Take breaks, and learn your own limits. If you are feeling overwhelmed, have someone help you by writing important information down for you to reflect upon at a later time when you are more rested.
- 6). Establish a routine. If you are someone who commonly misplaces important items such as a cell phone or your keys, leave items in the same place every time. Designate a spot right by the front door of your house or apartment so you are more likely to glance at it prior to leaving the house.

These are only a few strategies that may be helpful to you during your recovery; make sure to schedule an appointment with a skilled therapist to address this very common complaint following a TBI.

--Mary Jo Armstrong, MA CCC-SLP