



# Brain Waves Newsletter

## Camp TBI 2015

The members of Second Chance had a great time this year at Camp. The members of Second Chance competed in several of these events, placing 1st, 2nd and third in the group activities. There was putt-putt golf, ice cream social, Western dance night, art and volleyball.

Photos: Jason, Tyler, Shamika ( top right.) Gary, Melinda, Jon, Barbara ( bottom photos.)



## Second Chance Member Captains

Second Chance now has Member Captains. Alison and Eugene have been selected as the bi-yearly Captains. These positions were created in order to promote independence, leadership and responsibility within our organization. We are excited to have members that want to step up to the plate and develop strong leadership skills as well as be an encourager to other members here at Second Chance.



### Special Points

#### Of Interest:

- > Camp TBI 2015
- > Calendar of Events
- > Music Therapy
- > Volunteers
- > Positive Thinking
- > Blue Jean Art
- > Newspaper Arts

**“Invite everyone to chose forgiveness rather than division, teamwork over personal ambition”**

Jean-Francois Cope

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## Brain Waves Newsletter

### Music Therapy

Music is good for the heart, mind and soul. Colleen Cox is a Certified Music Therapist who teaches classes here at Second Chance every Monday at 12:30 Pm.

The Institute for Music and Neurologic Function states that music therapy stimulates the brain by processing music to improve cognitive and social functions. Second, music learning changes the brain to process new information. – Therapists use music to retrain the brain. Music therapists can help individuals with traumatic brain injury improve muscle control, speech and cognition.



Bobby doing blue jean art above and Donna modeling newspaper outfits below .



July Outings	August Outings	Weekly Classes
10– Funland	7– Movie and Lunch at Second Chance	Mondays– Music Therapy
17- Art and Lunch	14– Shopping and Lunch	Tuesdays– Dance Therapy
24- Picnic at Second Chance	21– Nursing home and Pizza Hut Lunch	Wednesdays– Yoga
31– Library and Lunch	28– Funland	Thursdays– Cooking Classes
		Friday– Outing Fun Days

### Second Chance



Northwest Florida

[www.secondchancenwfl.com](http://www.secondchancenwfl.com)  
[secondchancefl@hotmail.com](mailto:secondchancefl@hotmail.com)  
<https://www.facebook.com/pages/Second-Chance-of-Northwest-Florida-Inc/113559191988800>

### Camp TBI Cont'd

Members of Second Chance having a great time fellowshiping with each other during Camp TBI this past June 12-14 at Fruitland, Florida. This event is held yearly by the Brian Injury Association of Florida. This event helps Brain Injury survivors connect with other survivors.



### Distinguished Volunteer

Marcia has been selected as the Second Chance Distinguished Volunteer for our Bi-Monthly Newsletter. She has been volunteering for at Second Chance for 5 years.

Prior to volunteering here at Second Chance she was a school bus driver for 28 years. The year she retired from school bus driving in 2010 she came directly here to sign up to volunteer as our bus driver for our Friday outings. Marcia says she volunteers here be-

cause she “enjoys seeing them smile. “ Her hobbies include gardening, needle work and sewing.

Marcia has 3 children, 5 grandkids, and 3 great-grandchildren.

She is also teaches Bible study at her church at Youngstown Baptist.

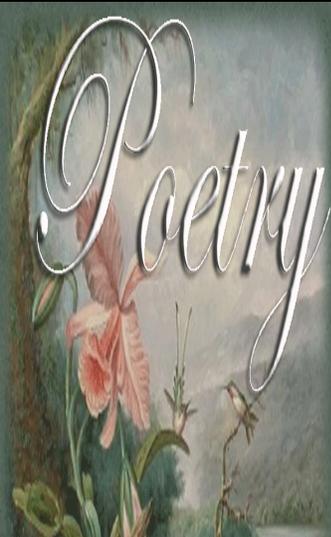
We adore and appreciate everything Marcia does to ensure the members of Second Chance get to go on Friday outings and Camp.



### Poetry Corner

Love is never ending, it keeps me satisfied. Love has a special way of saying I love you. Our love will be here when each day is through.

-Randy



Each day is a blessing. A Blessing for you and me. Each day makes me as happy as can be. Each and every day is better than before. Each day I need I need you more and more. – Randy

### Positivity

It’s very easy to lose perspective, especially if you are stressed and you are going too fast.

A simple three step way to handle these situations so they don’t get out of hand is to:

- **Say stop.** In your mind, say “NOPE, we are not

going down that path again!”

- **Breathe.** After you have disrupted the thoughts by shouting stop sit down and just be still.
- **Refocus.** Question your mountain building thoughts by talking to someone close to you and getting a more grounded prospective.



Approximately 20% of the blood flowing from the heart is pumped to the brain. The brain needs constant blood flow in order to keep up with the heavy metabolic demands of the neurons.

### Donations

We are so grateful for all of the generous donations from the community. Canned foods, clothes, hygiene products and volunteer time is what keeps us going! Thanks to all who give time, money and etc. You are appreciated!



Caption describing picture or graphic.



### Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful con-

tent to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used

for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

**"To catch the reader's attention, place an interesting sentence or quote from the story here."**

### Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your cus-

tomers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a

column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

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This story can fit 75-125 words.

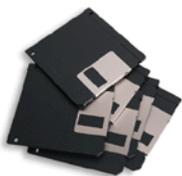
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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**Caption describing picture or graphic.**



**We're on the Web!**  
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

**Business Name**

Your business tag line here.

  
**Organization**

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is

a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for

vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



**Caption describing picture or graphic.**