

**February
2012**



The Krempels Center is a nonprofit organization dedicated to improving the lives of people living with brain injury from trauma, tumor or stroke.

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Monthly Support Groups

Family Caregiver Support Group of the Krempels Center (FCSG) every Wednesday at 10am in the Krempels North office on the second floor of the Community Campus, Portsmouth, NH. Facilitators are Pam Sollenberger, Nationally Certified Bereavement Counselor, and Lisa Hanson, Support and Resources Coordinator.

Seacoast Brain Injury Support Group (SBISG), February, 7th, at 7pm, every first Tuesday of the month, at the United Church of Christ, N. Hampton, NH. Call Lil @ 603.659.5769 for details.

Rochester Brain Injury Support Group (RBISG), - meets every fourth Thursday at Frisbee Memorial Hospital's Education Center, Rochester, NH. February, 23rd, 6:30pm To find out if it is rescheduled call Rosalie Johnson @ 603.749.1825.

Leisure

Living Innovations hosts a 21+ dance the first Friday of every month from 6-8pm. 1950B Lafayette Rd. To find out more contact Walt Wilcox at wwilcox@livinginnovations.com or 603-430-5430 x101.

SUN	MON	TUES	WED	THU	FRI	SAT
			1 OPEN 9AM-2PM 10AM FCSG	2 Happy Groundhog Day! 	3 OPEN 9AM-2PM Living Innovation Dance 6-8pm	4
5	6 OPEN 9AM-2PM Welcome Spring Interns!	7 SBISG 7pm	8 OPEN 9AM-2PM 10AM FCSG Welcome Spring Interns!	9	10 OPEN 9AM-2PM Welcome Spring Interns!	11
12	13 OPEN 9AM-2PM	14 Happy Valentines Day!	15 OPEN 9AM-2PM 10AM FCSG	16	17 OPEN 9AM-2PM	18
19	20 OPEN 9AM-2PM 	21 	22 OPEN 9AM-2PM 10AM FCSG	23 RBISG 6:30pm	24 OPEN 9AM-2PM	25
26	27 OPEN 9AM-2PM	28	29 OPEN 9AM-2PM 10AM FCSG			

Thoughts About Winter

(and folks, we're already halfway through)

(honest)

As of the first day of February, we've endured 6 weeks of winter already. Yes, that is halfway through! Moving into February, I can feel a noticeable change. The sun is higher. The days are appreciably longer than those in the dark days of winter – an hour longer on February 1st and more than 2 hours longer at the end of the month.

But most days are cold and for many of our folks, going outside on some wintry days isn't always great idea. So enjoy your downtime and connect with nature from the inside. Enlist friends to help you hang a bird feeder in your yard or from your window. Jackie can certainly give advice on getting started there! Force some cut branches into bloom - forsythia is easy and grows everywhere, even in the Community Campus woods. Also, houseplants are a great substitute for outdoor gardening.

Staying on the lookout for signs of spring buoys the spirit. I noticed yesterday that the buds on the neighbor's maple trees are swelling. The chickadees are becoming more vocal. Witch

hazel sometimes blooms as early as the end of February in Portsmouth. And the very earliest spring bulbs often bloom by the end of February when located in protected, south-facing locations.

And the surest sign that spring is around the corner? Our spring semester interns begin on February 6th. Be sure to give them a warm Krempels welcome and introduce yourself!

Krempels Center Spring 2012 Group Schedule

Time	Monday	Wednesday	Friday
9:30-10:10	Computer Skills Brain Games Cards & Coffee 20" Tune-Up or Trails	Computer Skills Sports Talk Cards & Coffee 20" Tune-Up or Trails	Computer Skills Brain Games Cards & Coffee 20" Tune-Up or Trails
10:15-10:50	Community Meeting	Community Meeting	Community Meeting
11:00-11:50	Open Minds What's Cooking? Creative Expression New Life Yoga/ Healthy Living Current Events	Transitions What's Cooking? Write On! Sports & Fitness Brain Injury 101	Life Skills Easy Reader Brain Power Community Outing
12:00-12:50	Lunch	Lunch	Lunch
1:00-1:50	Photo Safari Sports & Fitness Strengths & Strategies Ham It Up! Meditation/ Stressed Out	Creative Expression Group Games Community Education Brain Power Relationships	Aphasia Support The VOICE Music Matters Plan Your Weekend Community Outing