

Krempels Groups for **MONDAY** (2/8/10-5/7/10)

Monday Early Bird Activities (9:30 to 10:10 am)

- Computer Skills

Computer Skills provides an opportunity for members to develop and practice computer skills under the guidance of staff and interns or utilize computers independently.

- Cards & Coffee

Cards & Coffee encourages members to gather informally to play cards and enjoy socializing with other members, staff and interns.

- 20" Tune-Up (9:40-10:00am)

Twenty Minute Tune-Up is an exercise group geared toward improving strength, flexibility and endurance, utilizing hand weights and thera-band. The group can also take advantage of the Community Campus walking trails.

Monday Morning Groups (11:00 to 11:50 am)

- Emotions

Emotions provides a forum for sharing and discussion aimed at processing the emotions involved in living with a brain injury. This support group is facilitated by interns and Lisa Hanson, Social Worker, and Support and Resources Coordinator. Themes and topics vary depending on the needs of the members.

- What's Cooking?

What's Cooking brings together community members to prepare and enjoy lunch together. This group provides teaching and practice in the fundamentals of meal planning, budgeting, food preparation, kitchen safety and healthy eating. There is a \$3 fee to cover the cost of food.

- Photo Safari

Photo Safari, taught by a master photographer Gene Paltrineri, teaches the fundamentals of camera operations, photography composition and utilization of computer software to enhance photographs. The group includes fieldtrips around the Community Campus and Portsmouth, allowing opportunities for experiential learning.

- Brain Power

Brain Power provides an opportunity to "exercise the brain" through a variety of activities that address common cognitive, speech and memory challenges.

- Sign Language

Sign Language teaches conversational sign language as an alternative form of communication. New skills will be applied in a variety of activities including short stories, songs and games.

Lunch (12:00 to 12:50 pm)

Monday Afternoon Groups (1:00 to 1:50)

- Meditation

Meditation, led by interns and Gerry Duffy, a trained expert in Eastern and Western meditation, provides opportunities to practice meditative techniques to improve health and wellness.

- Current Events

Current Events explores various media (radio, newsprint, internet) to gain knowledge of current news, weather and sports as well as local, national and world affairs.

- Community Education

Community Education is geared toward preparing for outreach opportunities that educate the public about living with and the prevention of brain injury. This group addresses presentation and public speaking skills and provides opportunities for advocacy and to practice these skills.

- Happiness Project

The **Happiness Project** is a new group based on Gretchen Rubin's best-selling book of the same name. She spent one year looking at the wisdom of the ages, current scientific studies and lessons from popular culture about how to be happy. This group will boost your mood!

- Sports & Fitness

Sports & Fitness provides opportunities to engage in sports and other physical activities, adapted for all abilities, including Wii Games, donated by one of our members and her family, and Wii Fit, donated by the Occupational Therapy Department at UNH.

Krempels Groups for **WEDNESDAY** (2/8/10-5/7/10)

Wednesday Early Bird Activities (9:30 to 10:10 am)

- Computer Skills

Computer Skills provides an opportunity for members to develop and practice computer skills under the guidance of staff and interns or utilize computers independently.

- Cards & Coffee

Cards & Coffee encourages members to gather informally to play cards and enjoy socializing with other members, staff and interns.

- 20" Tune-Up (9:40-10:00am)

Twenty Minute Tune-Up is an exercise group geared toward improving strength, flexibility and endurance, utilizing hand weights and thera-band. The group can also take advantage of the Community Campus walking trails.

Wednesday Morning Groups (11:00 to 11:50 am)

- Transitions

Transitions provides an opportunity to discuss and process the many transitions encountered by people living with brain injury. This support group is facilitated by interns and certified grief and bereavement counselor, Pamela Sollenberger.

- What's Cooking?

What's Cooking brings together community members to prepare and enjoy lunch together. This group provides teaching and practice in the fundamentals of meal planning, budgeting, food preparation, kitchen safety and healthy eating. There is a \$3 fee to cover the cost of food.

- Community Connections

Community Connections is designed to help members set goals to engage in new or past leisure activities independently in the community. Individuals will explore leisure interests and identify community resources, including friends and family, they can access. Each group will include discussion of members' activities and helping each other problem-solve barriers such as transportation and limited finances.

- Yummy Yoga

Yummy Yoga, facilitated by interns and certified Kripalu yoga instructor, Maddy Botari Eaton, is designed to teach and practice adaptive yoga in a comfortable, safe manner for health and wellness. Seeking balance and focus in all dimensions of life is a primary benefit of this activity.

- Brain Injury 101

Brain Injury 101 focuses on learning about brain functions, various types of injuries and the impact brain injury has on one's life.

Lunch (12:00 to 12:50 pm)

Wednesday Afternoon Groups (1:00 to 1:50 pm)

- Brain Power

Brain Power provides an opportunity to "exercise the brain" through a variety of activities that address common cognitive, speech and memory challenges.

- Creative Expression

Creative Expression is designed to explore and express your creative side utilizing writing, drawing, collage, watercolor painting and craft activities. This group also provides time to weave with our accessible Saori looms to create beautiful fiber art.

- Music Matters

Music Matters offers an opportunity to listen to and engage in a variety of music styles. Past themes included music through the ages, (60's, 70's, 80's), types of music (Rock & Roll, "Hair Bands", Reggae, Classical, etc). Musical instruments received through a grant from the Portsmouth Rotary can be used.

- Challenge Group

Our new **Challenge Group** is designed to help members develop effective communication and problem-solving skills by engaging in fun, cooperative, challenging games. No "zip-lines" in this group but be prepared for some mental challenges and team-building activities.

- Newsletter

The **Newsletter** group' first task is to come up with a name!! This new group provides an opportunity to learn and practice writing, interviewing and computer skills by publishing one or more newsletters during the semester. The Photo Safari group can also be a resource for photos to illustrate the articles.

Krepfels Groups for **FRIDAY** (2/8/10-5/7/10)

Friday Early Bird Activities (9:30 to 10:10 am)

- Computer Skills

Computer Skills provides an opportunity for members to develop and practice computer skills under the guidance of staff and interns or utilize computers independently.

- Cards & Coffee

Cards & Coffee encourages members to gather informally to play cards and enjoy socializing with other members, staff and interns.

- 20" Tune-Up (9:40-10:00am)

Twenty Minute Tune-Up is an exercise group geared toward improving strength, flexibility and endurance, utilizing hand weights and thera-band. The group can also take advantage of the Community Campus walking trails.

Friday Morning Groups (11:00 to 11:50 am)

- Life Skills

Life Skills, facilitated by interns and mental health therapist, John Burbank, explores skills needed to balance and cope with issues encountered by people living with brain injury. Themes are developed and incorporated based on member need and include stress management, communication, adjustment to change and other topics.

- What's Cooking?

What's Cooking brings together community members to prepare and enjoy lunch together. This group provides teaching and practice in the fundamentals of meal planning, budgeting, food preparation, kitchen safety and healthy eating. There is a \$3 fee to cover the cost of food.

- Creative Expression

Creative Expression is designed to explore and express your creative side utilizing writing, drawing, collage, watercolor painting and craft activities. This group also provides time to weave with our accessible Saori looms to create beautiful fiber art.

- Easy Reader

You've heard of Easy Rider...Now there's **Easy Reader**; Krepfels' book club. Join our founder, David Krepfels, to read and discuss books chosen by group participants. Anyone who enjoys reading is welcome to attend.

- Community Outing

During the **Community Outing** you can explore the Seacoast via Coast bus and Trolley while working on money management, transportation and community integration skills. This group lasts the entire program day.

Lunch (12:00 to 12:50 pm)

Friday Afternoon Groups (1:00 to 1:50 pm)

- Aphasia Support

Aphasia Support is facilitated by Dave Halloran, a Krepfels member who is nationally recognized for his leadership in aphasia advocacy. The group is designed to provide emotional support to members and their families, while sharing and practicing compensatory strategies for aphasia.

- Computer Skills

Computer Skills provides an opportunity to learn and practice skills including web searches, creating Word documents, e-mailing, and exploring computer adaptations to promote independent use of the computer.

- Relationships

Relationships is designed to help members build connections with others, establish appropriate boundaries, communicate effectively and enhance social skills through assertiveness techniques, active listening, role-playing and discussion.

- Sports & Fitness

Sports & Fitness provides opportunities to engage in sports and other physical activities, adapted for all abilities, including Wii Sports, donated by one of our members and her family, and Wii Fit, donated by the Occupational Therapy Department at UNH.

- Community Outing

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