## Upcoming Events & Dates to Remember

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Details</th>
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<tbody>
<tr>
<td>AS A REMINDER…</td>
<td>Please drive slowly (10-15 MPH) through the HFF property! We want to keep everyone safe and the atmosphere serene. Pass the word! Thank you!</td>
</tr>
<tr>
<td>AS A REMINDER…</td>
<td>The HFF Suggestion Box is located by the Sign In/Out Sheet for anonymous suggestions. You can also tell suggestions to any staff. We love ideas &amp; feedback!</td>
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<tr>
<td>Brown Bag Lunches</td>
<td>Members will need to bring a brown bag (non-microwavable) lunch on March 14th and 22nd.</td>
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<tr>
<td>No Lunch Needed</td>
<td>HFF will be providing lunch on Monday, March 13th. <strong>No need to bring lunch!</strong></td>
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<tr>
<td>Tie-Dye Shirt</td>
<td>Please bring a plain white t-shirt to tie-dye on March 21st. The tie-dye process works best on a cotton shirt that has been washed before.</td>
</tr>
<tr>
<td>Inclement Weather Program Closures</td>
<td>Please be sure to check the weather and dress appropriately. Hinds' Feet Farm follows the Mecklenburg County School System when it comes to delays or closures due to severe weather.</td>
</tr>
<tr>
<td>HFF Family &amp; Members</td>
<td>HFF Members and Family Members are invited to use the ARK, free of charge, for any family activities, gatherings, reunions, etc., on weekends. We’ll provide the facility and you provide the fun and excitement! Together we’ll roll out the red carpet! Contact any staff member and we can work out the details and logistics.</td>
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### Upcoming Events for Families and Caregivers

<table>
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<tr>
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<tr>
<td>Brain Injury Support Groups</td>
<td>Cabarrus County Brain Injury Support Group meets on the 3rd Monday of the month at 7:00pm at Carolinas Rehabilitation-Northeast. The Charlotte Area Brain Injury Association meets on the 1st Tuesday of the month at 6:30pm at Carolinas Rehabilitation. The Concord Support group meets the 3rd Monday of the month at 7pm at Forest Hills United Methodist Church. Lake Norman Support Group meets at Lake Norman Hospital on the 4th Monday at 7pm of the month</td>
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<tr>
<td>HFF Caregiver Support Group</td>
<td>The next Caregiver Support group will be held in May after the Pot Luck. If you would like to be added to the Caregiver Support Group email list, please contact Alison Spasoff.</td>
</tr>
<tr>
<td>Annual Family Conference</td>
<td>The Brain Injury Association of North Carolina’s 2017 Annual Family Conference will be on April 24th in Selma, NC. For more details and to register, visit BIANC.net.</td>
</tr>
<tr>
<td>AS A REMINDER</td>
<td>The HFF Consumer Rights Committee and Consumer Family Advocacy Committee meets quarterly to review HFF’s integrity of upholding member rights and encouraging the advocacy of our membership and families. Thank you Lesia Hudish for serving this year!</td>
</tr>
</tbody>
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Hinds’ Feet Farm daily program offers numerous opportunities based on the Member Council through ongoing needs assessments, program evaluations, and as the program matures. As a result, the daily program schedule is subject to minor variations based on programming opportunities. Please see a HFF Staff for the latest and greatest news!

Unique and Innovative Programs for Persons Living with Traumatic and Acquired Brain Injuries
Huntersville  
(704) 992 –1424  
www.HindsFeetFarm.org

Asheville  
(828) 274 -0570
**SCHEDULE and ANNOUNCEMENTS**

**SPECIAL EVENTS MARCH 2017**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td></td>
<td>February 27 YOGA</td>
<td>February 28 Heath House</td>
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<td>6</td>
<td>7</td>
<td>Barnes &amp; Noble</td>
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<td>12</td>
<td>13</td>
<td>Schiele Museum</td>
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<td>YMCA</td>
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<td>19</td>
<td>20</td>
<td>Center City Concert</td>
<td>21</td>
<td>22</td>
<td>Trip to Hickory</td>
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<td></td>
<td>26</td>
<td>27</td>
<td>YOGA</td>
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Legend:  COG: Cognitive  C: Creative Arts  E: Emotional  
P: Physical  S: Social  V: Pre-Vocational

Unique and Innovative Programs for Persons Living with Traumatic and Acquired Brain Injuries

Huntersville  (704) 992 – 1424  www.HindsFeetFarm.org

Asheville  (828) 274 -0570
Week 1: FEB 27th-MARCH 2nd

9:00am-9:30am
Farm Chores (V)

9:30am-10:00am
Personal Goals (V) & Community Meeting (V)

Monday, February 27th:
10:00-11:00am: Who Done It? (COG): Can you use the clues to solve the mystery?
11:00-12:00pm: Around the World (COG): We will continue to explore different countries with longtime volunteer Kathy
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-3:00pm: YOGA at the Bindu (P): Namaste. Thank you, Patti, Sari and Theresa for being our instructors

Tuesday, February 28th:
10:00-1:00pm: Heath House (V): Let’s go visit with the members of Heath House and play some hangman and other games
1:00-2:00pm: Late LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals

Wednesday, March 1st:
10:00-11:00am: How Our Body Works (COG): Let’s explore how different systems of the human body function
11:00-12:00pm: Cooking (V): Let’s continue to prepare easy and healthy meals with Member RF
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00pm: At the Forge (C): Members will work with Marty and learn blacksmithing skills
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals

Thursday, March 2nd:
10:00-11:00am: Artistic Expressions (C): Member JLW will lead us in a painting group
11:00-11:30am: President’s Day (COG): Members will learn about our past Presidents
11:30-12:30pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
12:30-2:45pm: YMCA (P): Our instructor Karla will lead us in seated aerobics
2:45-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals

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WEEK 2: MARCH 6th - 9th

9:00am to 9:30am
Farm Chores (V)

9:30am to 10:00am
Personal Goals (V) & Community Meeting (V)

Monday, March 6th:
10:00-11:00am: Brain Injury Awareness (COG): Did you know that March is Brain Injury Awareness Month?
11:00-12:00pm: Cooking (V): Members will learn how to make Broccoli and Cheese casserole with KN
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-3:00pm: YOGA at the Bindu (P): Namaste. Thank you, Patti, Sari and Theresa for being our instructors

Tuesday, March 7th:
10:00-11:00am: Improv! (C): Member GT will teach us some improv techniques
11:00-12:00pm: Book Club (COG): Members will use their short-term memories to answer questions about a story
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00pm: Rec Center (S): We will go down to the Rec Center to play pool, Wii, foos ball, and more!
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Wednesday, March 8th:
10:00-11:00am: Cooking (V): Let’s continue to prepare easy and healthy meals with Member AC
11:00-12:00pm: Sewing or Nature Walk (V): Members who choose will learn how to sew, while others could enjoy the beautiful weather on a nature walk
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:30pm: Barnes & Noble (S): We will explore Barnes and Noble and enjoy a café beverage while at the store
2:30-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Thursday, March 9th:
10:00-11:00am: Poetry (C): We will explore different types of poetry and write our own poems
11:00-12:00pm: Small Talk (E): This is a social etiquette group will help members feel confident during conversation
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00pm: Horse Grooming (V): We will learn more about the horses on the farm and how to take care of them
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.
Week 3: MARCH 13th - 16th

9:00am-9:30am
Farm Chores (V)

9:30am-10:00am
Personal Goals (V) & Community Meeting (V)

Monday, March 13th:
10:00-11:00am: Stress Relief (E): We will practice guided meditation and deep breathing to cope with stress
11:00-1:00pm: Grilling (V): Members will make chicken and side dishes for lunch- MEMBERS DO NOT NEED TO BRING LUNCH!
1:00-3:00pm: YOGA at the Bindu (P): Namaste. Thank you, Patti, Sari and Theresa for being our instructors

Tuesday, March 14th:
10:00-3:00pm: Schiele Museum (COG): We will be spending the day at the Schiele Museum. Members will need to bring a brown bag lunch!

Wednesday, March 15th:
10:00-11:00am: Brain Food (V): We will be learning the importance of a healthy diet
11:00-12:00pm: Around the World (COG): We will continue to explore different countries with longtime volunteer Kathy
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-3:00pm: Park Day (S): We will be going to the park to enjoy some fun games outside and enjoy the weather

Thursday, March 16th:
10:00-11:00am: March Madness (COG): we will be creating a tournament bracket for the NCAA teams
11:00-11:30am: Buzzword (GOG): Given a set of clues, can you guess the Buzzword?
11:30-12:30pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
12:30-2:45pm: YMCA (P): Our instructor Karla will lead us in seated aerobics
2:45-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals
Week 4: MARCH 20th-23rd

9:00am to 9:30am
Farm Chores (V)

9:30am to 10:00am
Personal Goals (V) & Community Meeting (V)

Monday, March 20th:
10:00-11:00am: Moods (E): It’s all in the way you say it….
11:00-1:30pm: Center City Concert (C): Members will enjoy a musical performance in downtown Charlotte
1:30-2:30pm: LATE LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
2:30-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Tuesday, March 21st:
10:00-11:00am: Member Council Meeting (COG): Members will plan the next month’s activities and outings
11:00-12:00pm: Tie-dye (C): BRING A PLAIN WHITE T-SHIRT so we can tie-dye them!
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00pm: Disc Golf and Bocce Ball (P): Choose between these two outdoor games!
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Wednesday, March 22nd:
10:00-3:00pm: Meet Up with Asheville Day Program (S): We will be going to Hickory to meet up with the Asheville Day Program! Members will need a brown bag lunch!

Thursday, March 23rd:
10:00-11:00am: Toastmaster (V): Volunteer Jessica is back to help us with public speaking skills
11:00-12:00pm: LA Culture (COG): We will explore the Louisiana culture with member JW
12:00-1:00pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00pm: Music (C): We will explore different aspects of music with member RM
2:00-3:00pm: Believe and Achieve (COG): A time for members to work on their individual goals.
Week 5: MARCH 27th - 30th

9:00 am - 9:30 am
Farm Chores (V)

9:30 am - 10:00 am
Personal Goals (V) & Community Meeting (V)

Monday, March 27th:
10:00-11:00 am: Hebrew with Halleli (COG): we will explore the Hebrew language and learn how to say a few words
11:00-12:00 pm: Men’s & Women’s Group (E): We will break in to men’s and women’s groups to discuss gender specific topics
12:00-1:00 pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-3:00 pm: YOGA at the Bindu (P): Namaste. Thank you, Patti, Sari and Theresa for being our instructors.

Tuesday, March 28th:
10:00-11:00 am: History of the Circus (COG): We will explore different aspects of the circus with member BA
11:00-12:00 pm: Dream Catchers (E): We'll use this American Indian tradition to explore our dreams
12:00-1:00 pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00 pm: Who Done It? (COG): Can you use the clues to solve the mystery?
2:00-3:00 pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Wednesday, March 29th:
10:00-11:00 am: Garden Planning (V): Let’s make a list of what we want to grow in our garden this year with member AC
11:00-12:00 pm: Around the World (COG): We will continue to explore different countries with longtime volunteer Kathy
12:00-1:00 pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00 pm: Music with Julia (C): Our volunteer, Julia, will share her musical talent with us
2:00-3:00 pm: Believe and Achieve (COG): A time for members to work on their individual goals.

Thursday, March 30th:
10:00-11:00 am: Fishing Talk (COG): Member CL will discuss common types of fish around the area
11:00-12:00 pm: Cooking Sweets (V): Members will make some delicious treats while practicing their kitchen safety
12:00-1:00 pm: LUNCH AT THE FARM (S): The Hinds’ Feet Farm members will bring their own brown bag or microwaveable lunches.
1:00-2:00 pm: Exercise with Karla (P): Instead of going to the YMCA, Karla will come to the farm for a workout group
2:00-3:00 pm: Believe and Achieve (COG): A time for members to work on their individual goals.
## Hinds’ Feet Farms – Community of Staff, Student Interns, and Visitors.

<table>
<thead>
<tr>
<th>Person</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>The Bindu</strong>, Thank you Patti and Sari for being our yoga teachers! <a href="http://www.bindu.com">www.bindu.com</a></td>
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<tr>
<td><strong>Chelsea Boyette</strong>, Hinds’ Feet Farm’s newest Day Program Coordinator, has a Master’s Degree in Therapeutic Recreation and a Bachelor’s in Exercise and Sports Science. Chelsea is a Qualified Developmental Disabilities Professional, Licensed Recreation Therapist, and Certified Therapeutic Recreation Specialist, and a Certified Brain Injury Specialist. She can be contacted at <a href="mailto:cboyette@hindsfeetfarm.org">cboyette@hindsfeetfarm.org</a></td>
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<tr>
<td><strong>Marty Foil</strong>, Hinds’ Feet Farm Executive Director, is an enthusiastic champion for persons living with brain injury, especially through numerous state and national lobbying efforts on behalf of the greater brain injury community. Marty is a Certified Brain Injury Specialist and a relentless advocate and fundraiser.</td>
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<tr>
<td><strong>Amanda Grieshaber</strong>, Hinds’ Feet Farm’s Day Program Coordinator, has a Master’s Degree in Rehabilitation Counseling and Psychology and a Bachelor’s in Recreation Therapy. Amanda is a Qualified Developmental Disabilities Professional, Certified Brain Injury Specialist, Certified Rehabilitation Counselor, Licensed Recreation Therapist, and Certified Therapeutic Recreation Specialist. She can be contacted at <a href="mailto:akrise@hindsfeetfarm.org">akrise@hindsfeetfarm.org</a></td>
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<tr>
<td><strong>Julia Johnson</strong>, Julia is a local high school student that spends one afternoon a week with the Day Program. Julia shares her interests with the members by leading groups on topics such as music and relaxation techniques.</td>
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<tr>
<td><strong>Jessica Keyes</strong>, Jessica is the Vice President of Membership/Member of Toastmasters at the Lake in Mooresville. She joins us to help members express their creativity and sharpen public speaking skills.</td>
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<td><strong>Kathy McAlear</strong>, Hinds’ Feet Farm’s bookkeeper works in the office Monday, Tuesday, Wednesday and Friday. Thank you Kathy!</td>
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<td><strong>William Miller and Halleli Stav</strong>, 1st year MSW students from UNCC will be with us as interns during the Fall/Spring semester.</td>
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<td><strong>Kathy Paul</strong>, one of Hinds’ Feet Farm’s longtime volunteers, spends time with us facilitating a variety of groups! Thank you Kathy!</td>
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<tr>
<td><strong>Puddin’s Place Staff</strong>: Dawn Thompson-Clinical Director, Mercedes Murray-Program Director, and numerous Residential Caregivers.</td>
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<tr>
<td><strong>Fred Saxine &amp; Angus</strong>, Angus, the King Charles Spaniel, and his human, Fred comes by the farm a few times a month to spend time with the members during Believe &amp; Achieve. Thank you!</td>
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<tr>
<td><strong>Alison Spasoff</strong>, Hinds’ Feet Farm Day Program Director, has a degree in Therapeutic Recreation, is a Certified Brain Injury Specialist, and has over 15 years of experience as a Qualified Mental Health Professional. Alison is an avid equestrian and PATH Intl. Registered Instructor who shares the therapeutic values of horsemanship with the members and families of Hinds’ Feet Farm. Alison is passionate about providing quality programming, and is dedicated to fostering partnerships with members, caregivers, community stakeholders, and local/state governing bodies to advocate for persons living with brain injury. She can be contacted at <a href="mailto:aspasoff@hindsfeetfarm.org">aspasoff@hindsfeetfarm.org</a></td>
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<tr>
<td><strong>Heather Thompson</strong>, Hinds’ Feet Farm’s Compliance and Business Development Director, oversees our accreditation standards and developing business relations with the community. Thank you, Heather!</td>
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<tr>
<td><strong>Lake Norman YMCA’s Marcy, Jessica, and Karla</strong> partnering with us for health! Thank you!</td>
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