

## **Helping others, Joe Barrett finds his path forward (continued)**

by Judy LaMée

Joe learned that many natural abilities were wiped out at the accident, necessitating the need to find, learn, and fully accept a new way of being. He accepts his limitations with grace, and has developed coping skills that enable him not only to function successfully, but to help others find their own path to success.

A job brought Joe to Asheville in 2010, and ultimately to OLLI. He is a day program coordinator at Hinds' Feet Farm, a center for adults with traumatic brain injuries. His passion for that job is obvious; he talks enthusiastically of it.

The Hinds' Feet Farm staff of four employ a humanistic approach to build confidence and mutual respect with and between members, staff, and families. The membership of 27 help each other learn to work within their own limitations. When members help members, Joe explains, it expands what they can accomplish.

Joe hopes OLLI members will consider volunteering at Hinds' Feet Farm - weekly, monthly, quarterly, or even for a single visit. Support is welcome in a variety of areas: social and emotional interaction, daily experiences, artistic activities and hobbies. You can find the program on the web at [hindsfeetfarm.org](http://hindsfeetfarm.org); or contact Joe directly at [jbarrett@hindsfeetfarm.org](mailto:jbarrett@hindsfeetfarm.org). The Asheville facility is hosted by Foster Seventh Day Adventist Church, 375 Hendersonville Road.

One of the fascinations Joe finds in our OLLI campus is that our membership affords him a very comforting sense of interaction, helping him to build extended family. The self-described lifelong learner loves school, and said he knew it was going to be good before he even opened the OLLI door!

And he still loves bicycling!