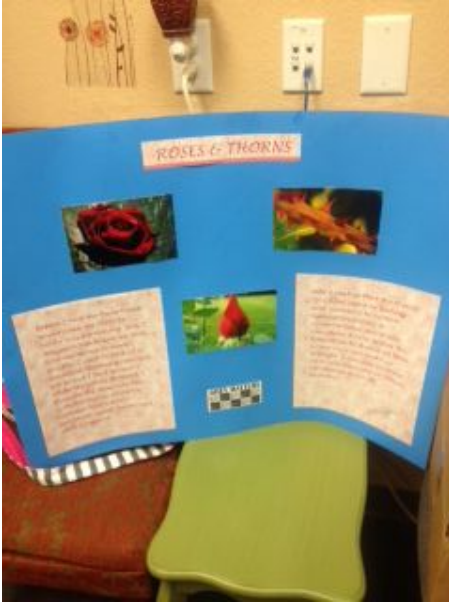


Support Group Newsletter 2/12/15

In the January support group, I showed a video on pictures that patients used to describe themselves. I asked this group to do the same. I was so amazed with the honesty and courage that it takes to really look deep at yourself. Enjoy the pictures and try this exercise yourself. You might be surprised how you view yourself.



Roses and Thorns: Finding the beauty in the rose and knowing that the thorns are necessary for protection.



Frustrated and Thankful: Understanding the meticulous nature of his previous job, Leroy knows that this will never be his reality again. He continues to be thankful for what he has.



Always Something to be Thankful For: This sign in the kitchen is what reminds Molli that there is always something in life to be thankful for.



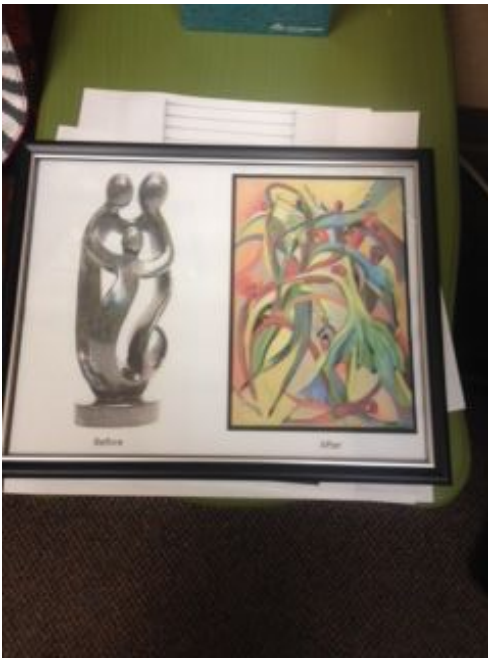
Nobody Can Stop It: The sister of a patient see's her brothers' diagnosis as an avalanche that nobody can stop. It just plows right over you.



Locked and Forgotten Memories and Abilities: This picture describes itself.



The Caring Box: A mothers' perspective of what it's like taking care of her son after brain trauma. Every side is different, showing the many facets of caregiving.



Intertwined: Before her husband's accident the family is one stable unit. The aftermath is a centralized mother that is pulled in a million different directions. Showing how caregiving can cause a strain on the entire family.



Neatly Organized: Before his injury Clifton was a neatly organized book shelf, everything in its place. Now he feels like his books are everywhere and piles of information he has to dig through.