



Second Chance Golf Tournament September 21, 2012

Second Chance is seeking sponsorships, teams & silent auction items for the Second Chance Golf Tournament

Visit our website, www.secondchancenwfl.com
for a registration packet or call 850-769-7779
for more information.

Homebre Golf Club
**Lunch & Registration begins at 11AM and
the tournament begins at NOON with a
Shotgun Start.**

Four man, best ball/scramble format.
Fees include lunch and gift bag for each golfer.
Team awards and hole prizes will be awarded.

OUTINGS/ACTIVITIES CALENDAR

- 9/3 **CLOSED**—LABOR DAY
- 9/4 COVERED DISH **CANCELLED**
- 9/7 AFRICAN AMERICAN CULTURAL CENTER
- 9/10 YOGA
- 9/11 HAPPY BDAY JARED
- 9/12 MUSIC
- 9/14 ROCK-IT-LANES
- 9/21 NURSING HOME
SECOND CHANCE GOLF TOURNAMENT
- 9/28 TBD
- 10/2 COVERED DISH DINNER
HAPPY BDAY DIANE
- 10/5 BEAR CREEK FELINE CENTER
- 10/9 HAPPY BDAY ROBIN
- 10/12 UNDER THE OAKS
HAPPY BDAY MARIA
- 10/16 HAPPY BDAY MIKE
- 10/19 NURSING HOME
- 10/26 CAMP HELEN

Our Trip to 92.5 WPAP—



By Randy V. and Eugene J.

On Friday the 24th of August, Second Chance went to the radio station, WPAP. We went there to observe and learn about the operations of a radio station. WPAP was just one of many radio stations that are located in this building. We left Second Chance and got to the radio station early that morning.

Derby, our host and the man who looks over all operations at WPAP radio, took us on a tour of the whole building. He introduced us to many of the people who ran the other radio stations, including 99.3 The Beat and 94.5 Talk Radio.

One man, known as “Dan the man” was seen working all over the building. Dan was a very pleasant but busy man! We saw Dan everywhere.

Derby showed us how they make intros and commercials on the computer and how they organize blocks of songs with blocks of commercials. It was really interesting!

We did get to meet several well known radio operators (announcers) while at the radio station.

Soon it was time to go to lunch. We ate at Captain D’s for lunch. What a great meal we had! Before we knew it, lunch was over and it was time to go back to Second Chance. After returning to Second Chance, we had a little time left before the buses came. Tired from our trip, some of us just relaxed till the buses arrived, while some of us got on the computers and played Games for the Brain. As we played games, many of us remembered the fun and excitement of going to WPAP. We all really enjoyed it!

There truly is so much more to radio broadcasting than one would expect!

Proving the Power of Positive Thinking by Journaling

Information provided by Tammy Peluso, Brain Injury Association of Florida.

Journaling is a simple writing technique that can be an effective method of coping and survival following a traumatic brain injury. Studies have been done showing that keeping a journal improves ailments from A to Z. Human beings are natural storytellers. We build our lives from the stories we tell each other. Following a TBI, much of what the survivor or caregivers knew might be altered, leaving them stranded and in an unfamiliar place. Through the daily practice of Journaling; thoughts and emotions, the day to day struggles and victories all become new lives recreated and rebuilt through the story being told.

Brainline.org has done extensive research on this topic. You can read more at http://www.brainline.org/content/2010/09/after-brain-injury-telling-your-story_pageall.html Journaling can be done privately or in a group. When done in a group the magic of being heard and understood is extremely validating. Journaling can also be done privately and be just as cathartic because as the individual writes down their feelings the writer becomes the listener and validates him/herself.



IMPORTANT ANNOUNCEMENTS:

**THE SEPTEMBER COVERED DISH
DINNER HAS BEEN
CANCELLED.
SEE EVERYONE IN OCTOBER!**

VOLUNTEERS NEEDED!

**2012 SECOND CHANCE GOLF
TOURNAMENT ON SEPTEMBER 21
HOMBRE GOLF CLUB**

**MONTHLY VOLUNTEERS AT
BINGO PARADISE (FUNDRAISER)
MONDAY NIGHT SHIFTS FROM 6-8
FRIDAY NIGHT SHIFTS FROM 9-9:25
CALL FOR SPECIFIC DATES!**

**THANK YOU TO MS. KIM FOR
ANSWERING OUR PLEA IN LAST
MONTH’S NEWSLETTER FOR A
VOLUNTEER TO PROVIDE HAIRCUTS AT
SECOND CHANCE!
SHE PROVIDED HAIRCUTS FOR 6 DAY
PROGRAM MEMBERS IN AUGUST!**

**PLEASE CALL 850-769-7779 IF
INTERESTED IN ANY OF THE ABOVE
VOLUNTEER OPPORTUNITIES!**

2012 Officers

*Sheri Morden, President
Michael Brill, Chairman
Nita French, Secretary
Sandy Kennedy, Treasurer*

A Not-for-profit 501(c)3 Organization Serving the Needs of Adults with Brain Injuries, their Families, and the Community. Second Chance of Northwest Florida, Inc is registered with the State of Florida, Solicitation of Contributions Act. Our registration number is #SC09281 and 100% of contributions are used for and by Second Chance of Northwest Florida, Inc.

www.secondchancenwfl.com
secondchancefl@hotmail.com
Find us on Facebook!



Brain Regain Newsletter

September/October 2012

Dan F. Shares His Story—

Hi, my name is Dan Francis. I have been riding and racing motocross since I was 8 years old. On March 11, 2012, my career ended abruptly when I hit a jump I had done hundreds of times. Normally, we are launched 20-25 feet up in the air and the bike powers across the jump. This time, I hit what's called a "kicker" and was launched 40 feet in the air. I knew I was about to endo (summersault in the air) and crash, so I jumped off the bike. I landed on my head and the bike came down on top of me.

I was airlifted to Tallahassee Memorial Neuro ICU. I had

sustained both traumatic and anoxic brain injuries, both lungs collapsed, 12 broken ribs and almost bit off my tongue. I woke up from a 2 1/2 week coma and was taken by ambulance to Brooks Rehab Hospital.

My fiancé, Nan, was with me from the day of my crash through the whole process. We underwent intensive therapies with multiple therapists, nurses, doctors and a neuropsychologist for five weeks. We lived in my hospital room.

I returned home on May 4, 2012 and began therapy at HealthSouth and began a day program at a place Nan found, called Second Chance. This great place has allowed me to participate in great activities for both my body and most important, my brain. I have met many new friends who also have brain injuries. They have helped me and I have been able to help some of them! They are all really my second family!

-Dan Francis AKA T-Desko #9

Wal-Mart Shopping Trip—By Robin C.



Last month the Second Chance group traveled to Super Wal-Mart to do some shopping. When we got to Wal-Mart, Mr. Jared split us up into groups. Then we split up the list of items we needed to buy. We had to get things for the kitchen, bathroom, paper, pencils, pens, and cleaning items. We all were told that when we were finished shopping we were to meet at the checkout counter. After we all got there, Mr. Jared had the money to pay and paid for everything we each got.

Then, after that we went out to eat lunch at Hong Kong Buffett. We all paid for our own lunch. We all had a good time and we all learned how to shop and buy living supplies!

Happy Halloween Word Search

R	Z	T	P	F	U	S	E	M	U	T	S	O	C	C
L	H	A	U	N	T	E	D	H	O	U	S	E	L	V
O	G	R	L	K	Y	C	P	G	H	Z	D	B	B	T
M	S	I	P	R	E	Y	A	S	P	T	R	R	G	R
U	S	Y	K	V	K	L	K	N	D	S	M	E	S	I
M	I	D	Y	O	A	E	S	D	D	B	O	P	T	C
M	N	O	O	M	L	L	U	F	E	Y	N	S	A	K
Y	Q	P	J	E	I	P	S	W	L	M	S	A	B	O
F	S	Y	T	J	R	N	R	W	A	P	T	C	F	R
P	K	O	C	J	I	E	I	O	V	Z	E	X	O	T
B	N	D	U	K	D	T	D	J	I	B	R	F	B	R
R	D	F	P	I	C	Q	C	F	N	P	F	L	L	E
O	A	M	P	H	O	R	Y	J	R	B	Y	R	I	A
V	U	S	T	I	I	H	S	C	A	R	Y	T	N	T
P	D	C	G	H	O	S	T	C	C	J	V	E	S	U

Trick or Treat

- Costumes
- Candy
- Pumpkins
- Goblins
- Witch
- Spider Web
- Skeleton
- Haunted House
- Bats
- Monster
- Mummy
- Spooky
- Casper
- Carnival
- Scary
- Full Moon
- Ghost

Happiness

-By Randall VanNette

A happy day begins with you.
A happy day, ends that way too.
Happiness is easily found.
That is whenever you're around.

