



Brain Waves Newsletter

What's Cooking at Second Chance?

At Second Chance we have many different types of Life Skill training classes. Cooking is of course one of the favorites. Members are allowed to be apart of the planning, prepping and the cooking of the meals for lunch. We have learned to cook multiple types of foods like grilled cheese, spaghetti, beef stir-fry and fried cabbage.

Nutrition classes are also synchronized into the life skill lessons in order for everyone to understand the importance of eating whole, healthy foods. Ensuring that everyone is part of the process of making healthy choices and preparing foods that are good for you as well as taste good. There is a variety of different tastes and standards with each member and having a balanced meal with varied choices improves the chances that everyone is getting good nutrition and is still able to make a choice in what they eat. We have learned to make favorite foods with

lower sugar recipes and also healthier whole grain selections like whole wheat bread over white bread and honey or Splenda in the place of sugar. Everything in moderation and focus on a balanced nutrition plan.

Many members of Second Chance have never been had the opportunity to cook and the open environment of helping and learning together has helped encourage others to try to learn new things. Alison said " I love being able to learn new recipes and cook them so I can cook them at home for my dad and I." Having a safe and friendly environment to learn new cooking strategies and meal plans has promoted new life skills and member connections.



Rebekah and Alison enjoying their quality time cooking grilled cheese sandwiches for class members.

Second Saturday at Second Chance

Second Chance hosted the first "Second Saturday at Second Chance" on March 14, 2015. This was a fun filled day of outdoor events, hotdogs, hamburgers and fellowship. Toni Shamplain was the guest speaker and shared community information from CRA and how they support our facility and the surrounding Bay County areas. Come Join uily 11, 2015 from 11-2pm for the next event!



Special Points

Of Interest:

- > What's Cooking at Second Chance?
- > Blessing of the Fleet
- > Calendar of Events
- > Second Saturday at Second Chance
- > Friday Outings
- > Recreational Fun
- > Glow Run

"Invite everyone to chose forgiveness rather than division, teamwork over personal ambition"

Jean-Francois Cope

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Blessing of the Fleet on April 11, 2015

Shamika and Tyler at the Saint Patrick's Day Party



Art and Sherl Mordenn (President of Second Chance) at the Parrot Head Club to receive a \$376.00 Donation.

The 18th Annual BLESSING OF THE FLEET, Fish Fry and Burning of the Socks was held at the St. Andrews Marina on April 11, 2015. The Fish Fry, followed by the Sock Burning event and the Processional of water vessels was a huge success thanks to all our wonderful Volunteers. This was the 8th annual Charitable Community event benefiting Second Chance Of North West Florida Inc., a local not-for-profit organization that provides services to brain injury survivors in the community.

Sponsors:
 Paul Brent Gallery
 Tarpon Dock Seafood
 St. Andrews Marina
 Smitty's Barbeque
 Finn Island Style Grub
 Popeyes
 Curry Printing
 Spinnaker
 Schooners
 Key Electric
 Jim Dickerson, Agent
 Lewis Storage
 Heli-Tech Inc.
 Patches Pub and Grill
 North Star Church
 Seatow
 Counts
 Segars, Sowell, Stewart, Johnson & Brill
 Upton Refrigeration
 Jelks & While, PA
 Farrell Realty
 Coastal Helicopters



Reverend Ric Connor from Parkway Presbyterian in the front and Father Anthony St. Dominic Blessing the Fleet of Vessels on April 11, 2015.

May Outings	June Outings	Weekly Classes
1- Funland	5- Mall outing	Mondays- Music Therapy
8- Under the Oaks	12-14 Camp TBI	Tuesdays- Dance Therapy
15-Picnic at Second Chance	19- Summer Festival at Second Chance	Wednesdays- Yoga
22-Picnic at Second Chance	26- Fiesta Friday at Second Chance	Thursdays- Cooking Classes
		Friday- Outing Fun Days

Second Chance



Northwest Florida

www.secondchancenwfl.com
secondchancefl@hotmail.com
<https://www.facebook.com/pages/Second-Chance-of-Northwest-Florida-Inc/113559191988800>



Glow Run

Thanks Lori Brites for Chairing the Glow Run Event for 2015. We had over 156 runner/walkers.

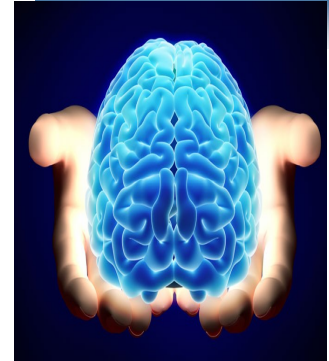
Arizona Chemical group to the left and the event run/walkers before the race started.



Recreational Fun and Brain Health

. We all agree that cognitive learning is important and stimulates brain activity, but did you know that recreational activity has the same affect? Walking, dancing, crossword puzzles, reading, ping-pong, billiards and yoga require mental focus and promotes rapid thinking skills along with stimulating brain activity. Many of these activities help reduce the risks of dementia, as well as promoting social interactions.

According to the Stanford University Dance Division, a study was done to see which of these recreational activities had the most influence on mental astuteness. Dance has the highest rating at 76 percent risk reduction for dementia. Stanford University also acknowledges the benefits of dancing to increase serotonin levels. Neurologist Dr. Robert Katzman proposed that the recreational activities helped with improving cognitive reserves and increased complexity of neuronal synapses.



**Camp TBI is June 12-14.
Please bring in all Registration fees by May 22, 2015**

Poetry Corner

Focus-

Focus is what we do
It helps me and you.
So focus day and night.
Everything will be just right.
I work day and night
Focusing on the sun's light.

Diane

Flowers-

Flowers create beautiful powers
Roses are good for the noses.
Iris Makes you smile
Daffodils make you dance
So create a bouquet
And find your romance.

Diane



Donations

All the following donations are accepted:

Soup, hygiene products, notebooks, pens, craft products and monetary donations to help with outing fees.

May and June Upcoming Events

Memorial Benefit Picnic

May 23, 2015

11:00 –2:00pm Invocation, Pledge, Dance, outdoor activities and cook-out. Proceeds benefit Camp TBI.



Camp TBI is June 12-14.

We are looking forward to having a great time enjoying all the fun filled activities in Fruitland, Florida.



Caption describing picture or graphic.



Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful con-

tent to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used

for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your cus-

tomers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a

column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Caption describing picture or graphic.



We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Business Name

Your business tag line here.


Organization

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is

a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for

vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.