



# Brain Waves Newsletter

## New Building, New Opportunities



The members and staff have finally settled in to the new building and are excited about the new opportunities that come with the larger facility. There is

ample space and room to do music therapy, dance therapy, fitness classes, yoga, cognitive education, computer classes, recreational therapy (pool table, ping pong, air hockey, and basketball.) All of these classes are important to the members of Second Chance because each member has different hobbies and interests. Having the space available to do these classes encourages growth and development of social skills, cognitive skills and physical activity.

Many of the members have spoke highly of how comfortable they feel here at the new facility because of ample space and double occupancy bathrooms. "Bigger is better and the space makes for no waste" says Diane, who is a member of Second Chance. Many of the other mem-

bers and staff agree that the extra space allows room for everybody to participate as a large groups instead of small. Wider halls also help with traffic flow and wheel chair accessibility. Not only is there more indoor space there is more outdoor space for "Craig's Garden" and the future development of the "Community Garden."

### Tyler and Shamika work on the scarecrow for "Craig's



## Community Connections

Second chance is reaching for success with member involvement and community service outreach. This year has already proven to be superior to the past. Perfection is not the destination, but reaching out to connect with the community is what we want to strive for in the year 2015.

Some of our community connec-

tions have included working with Gulf Coast State College, Toys for Tots, Family of God Baptist Church and Global Arts Society. All of these community relationships have developed everyone here at Second Chance feel connected to the community and encourage members to be a part of something bigger than themselves.

In January we worked with Toys for Tots and did a Walk-a-Thon with all of the members of Second Chance. They took up over \$700.00 for Toys for Tots. Our goal is to include the public in this Walk-a-Thon next year.

For February the Family of God Baptist Church held a Valentines Dance and Dinner for the members and families of Second

### Special Points

#### Of Interest:

- > New Building
- > Mardi Gras Parade
- > Calendar of Events
- > Second Saturday at Second Chance
- > Friday Outings
- > Goodwill and Gulf Coast

"Its literally true that you can succeed best and quickest by helping others to succeed" -Napoleon Hill

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## Second Chance Members decorate for Mardi Gras Parade

Rebekah showing her Mardi Gras Decorations



The Mardi Gras Parade was held on February 6, 2015. This was one to remember. This year the members and staff of Second Chance decided it was time to upgrade the float by painting new Mardi Gras decorations and making a few changes to the lamp shades. Everyone enjoyed decorating with beads, feather boas, glitter, streamers and paints. Rebekah ( a member of Second Chance) is very gifted with arts and crafts and helps other members with painting and

decorating. Members were in the Mardi Gras parade dressed from head to toe in glitter, feath-

ers, and decorative make-up.

**New float decorations in picture below.**



**"Bigger is better and the space makes for no waste" - Diane**

## MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Pizza Party</i>	3 7:30 am <i>Board Meeting</i> 6 pm <i>Covered Dish "Spring Fever"</i>	4 <i>Yoga Goodwill Crafts</i>	5 <i>Cooking Class</i>	6 <i>Tacos and a Movie at Second Chance \$5.00</i>	7
8 <i>Daylight Savings time begins. Turn your clocks forward one hour.</i>	9	10	11 <i>Yoga</i>	12 <i>Cooking Class</i>	13 <i>St. Patrick's day Party at Second Chance</i>	14 <i>Second Saturday at Second Chance. Covered dish welcomed. "Brain Injury Awareness"-Free</i>
15	16	17	18 <i>Yoga Goodwill Crafts</i>	19 <i>Cooking Class</i>	20 <i>St Andrews Outing \$10.00</i>	21
22	23	24	25 <i>Yoga Birthday Party</i>	26 <i>Cooking Class</i>	27 <i>Man in the Sea Museum \$15.00</i>	28
29	30	31	* \$35.00 total spent on monthly outing.		*March is Brain Injury Awareness Month"	

**Second Chance**



**Northwest Florida**

[www.secondchancenwfl.com](http://www.secondchancenwfl.com)  
[secondchancefl@hotmail.com](mailto:secondchancefl@hotmail.com)  
<https://www.facebook.com/pages/Second-Chance-of-Northwest-Florida-Inc/113559191988800>

## Friday Outing Fun!



## Gulf Coast State College and Goodwill Volunteer Connections

Students from Gulf Coast State College have been working for a few weeks on planting the fruit trees and etc in the community Garden. Many of the members of Second Chance have helped plant the trees for this project also.



**Goodwill Arts and Crafts-** Beverly Nield heads up our Goodwill Arts and Crafts every other Wednesday. Members have made many recycled arts from bottle tops and corks.

## Poetry Corner

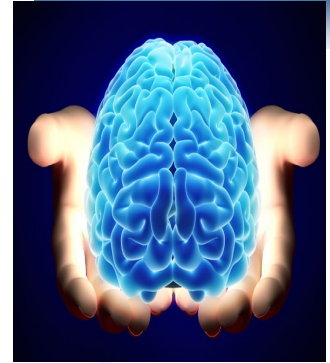
**Down by the water,** out on the sea. There my ship is anchored, she waits patiently.

So I climb aboard, and take her out to sea. Just my mighty ship and me.

On the water, we run full speed. Taking turns in the lead.

Back at the dock, we settle down. There is another day coming around. ~ Randy Vannette

\*Anyone interesting in submitting new poetry please send to: [secondchanceff@hotmail.com](mailto:secondchanceff@hotmail.com)\*



March is Brain Injury Awareness Month . Come enjoy our Second Saturday at Second Chance for "Brain Injury Awareness"

Thanks Bay Health Foundation for your generous \$30,000 donation to support Second Chance!

All other donations of time, canned goods and packaged snacks are also welcomed.

## APRIL UPCOMING EVENTS:



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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**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.**