

# THE ACORN



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## TRR Celebrates Christmas Holiday



### SPECIAL ACTIVITIES IN January

**Family Support/Training  
Group**  
1/29/10

### (THE FRONT PORCH)

#### TRR TO HOLD 2ND ANNUAL PING PONG/POOL TOURNAMENT



January 29, 2010, Timber Ridge Ranch will hold its second annual ping pong and pool tournaments. The tournaments are open to both the staff and clients. There will be two separate divisions; **Peds/Dual** and **Phase 1/Phase 2**. All staff and clients are encouraged to sign up. Participants will be allowed to sign up for both the ping pong and pool tournaments. The winners will receive prizes.

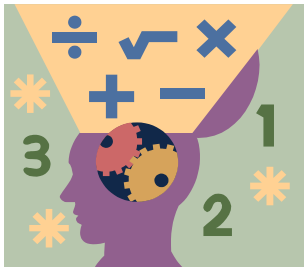
The last day to sign up is January 22, 2010. Sign up sheets will be posted in the residences as well as in the Activity Center.

For additional information please contact Michelle Faulk or Dennis Eason (pictured).

## THE FAMILY ROOM: FATIGUE



In our Family Room we will provide you with information just for families. If you have a topic you would like more information email mbell@neurorestorative.com



The odd things about your brain you always wanted to know but were afraid to think about.



Timber Ridge has an impact on the community by providing resources, education and training to individuals and families "Beyond The Front Gate."

Having a head injured family member can be exhausting, especially if you work yourself to the bone without having some rest and relaxation. You may be saying "How can I rest in a situation like this?" or "If I let down, we may miss doing something for him that may be crucial." If these statements sound familiar to you, then we want to take a close look at your own physical condition.

Do you feel as if you can hardly go another step at 8:00pm? Do you wake up feeling fatigued? Do you become disoriented? Do the days run together with little recollection of what happened and when? If so, you need to take some time

for yourself. If you have difficulty doing this or you are not sure how to go about it, consult a counselor. You must take time for yourself if you are to maintain the energy needed to assist your head injured loved one for a lifetime.

### Examples:

1. The parents stay up until 12:00am night after night providing each other with needed emotional support.
2. Attempts to nap are fruitless due to racing thoughts regarding unresolved problems.
3. A back problem reoccurs and increases the problem of insomnia.

### Management Techniques:

1. Use relaxation techniques for insomnia. If you are unfamiliar with these, consult a psychologist.
2. Put off until tomorrow anything that is not absolutely necessary.
3. Delegate responsibilities. Others will usually be glad to help.
4. Do not feel you have to constantly be by the family member's side. Ignore accusations that you do not visit often enough.

## TBI QUESTIONS & ANSWERS

**What are the critical things to look for in the days after brain damage? What is the recovery time in terms of stages? How long does it take to know what damage is going to last?**

The speed in which the person returns to consciousness and the early rate of recovery

will predict the rate of further change, usually. It can take days or even weeks to have a good idea. Serious swelling and intracranial pressure can cause additional damage, as can infections.

It may take weeks or even months to fully ascertain function that is permanently lost

because of the potential for overlap of brain function. In general, overlap/improvement can occur for two to three years. Obviously, and again in the most general terms, the longer it takes to identify meaningful recovery, the worse the prognosis for overall recovery.

## BEYOND THE FRONT GATE

**THE BRAIN INJURY ASSOCIATION OF AMERICA WILL PRESENT 2010 BRAIN INJURY BUSINESS PRACTICE COLLEGE AT THE MENGER HOTEL IN SAN ANTONIO, TX, ON FEBRUARY 22-24, 2010.**

Sessions especially designed for: CEOs, COOs, Human Services & Sales/Marketing Professionals.

Learn how to prepare for the challenges of working in brain injury rehabilitation in the new decade.

The 2010 Brain Injury Busi-

ness Practice College offers sessions on:

- Health Care Reform: Threats and Promises
- Leadership Characteristics and Development
- Marketing in Social Media
- Governance: Principles of Transparency Increasing Your Company's Market Share

Full Conference Registration:

Includes all materials, educational sessions, reception, continental breakfasts, lunches, and refreshment breaks.

- \$600.00 for Business & Professional Council Members  
- \$650.00 for those not in the Business & Professional Council.

One-Day and Half-Day Conference Registration:

Includes materials, educational sessions, continental breakfast, lunch and refreshment breaks offered on the day registering for.

- \$400.00 for Tuesday, February 23  
- \$200.00 for Monday, February 22 or Wednesday, February 24.

## In the Conference Room: STRAINED FAMILY RELATIONSHIPS

At first, following a major trauma, the whole family typically becomes a cohesive unit. All efforts are centered on the recovery of the loved one. Most members are willing to do pitch in and do all they can to make him better. When it is time for him to come home, everyone is excited to and hopeful. Homecoming is something all parties are looking forward to as return to normalcy.

However, things do not get back to their original state. The family member finds that his injured spouse cannot handle the stresses of living with three teenage children. The mother finds herself being overprotective about who her injured son is going with and where he ventures. The daughter finds that having her injured mother at home is like having another child. Is it any surprise that the family relationships become strained?

On the other side, the injured party begins to see that he is not being treated as he was before the accident. At first, he may have enjoyed all the attention, but now he feels put out by the

different treatment. All he wants to do is go back to being the same person with the same family relationships, and he is sure that family members are keeping him from being his old self.

### Examples:

1. The injured son feels he is treated like a child again.
2. The injured father says that his adolescent children do not listen to him or respect his opinion.
3. The injured wife believes that her husband works later at night because he does not want to be with her at home.
4. The parent is confused what he should allow his son to do or not to do.
5. The spouse is afraid to allow her husband to continue to keep the checkbook and take care of the family budget.
6. The son is afraid to let his injured father live alone again.

### Management Techniques:

1. Accept the fact that there are differences, you can not expect your loved one to be the same as before.
2. Remember that cognitive problem often lead to behavioral changes, so that the injured party is not completely in control of his action and interactions.
3. Remember that many of the behavioral changes are brain related and that it will require patience and understanding to accomplish an even keel within the family structure.
4. Do not forget that you are entitled to your own emotional reactions.
5. Consider family counseling with a professional who is familiar with head injury.
6. Join a support group that allows family members to meet together and discuss problem areas.

## “... So I Have Been Told” By J. Michael Bell

### Happy New Year

That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as [New Year's Day](#) in modern America was not always January.

#### ANCIENT NEW YEARS

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the 1st visible crescent) after the [Vernal Equinox](#) (1st day of spring).

The beginning of spring is a logical time to start a new year. After all, it is the [season of rebirth](#), of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical or agricultural significance. It is purely arbitrary.

The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

#### THE CHURCH'S VIEW OF NEW YEAR CELEBRATIONS

Although in the first centuries AD the Romans continued celebrating the new year: the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having

its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different. New Years is still observed as the Feast of Christ's Circumcision by some denominations.

During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

#### NEW YEAR TRADITIONS

Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The [Tournament of Roses](#) Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with [flowers](#). It celebrated the ripening of the orange crop in California.

Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football game returned as the sports centerpiece of the festival.

The tradition of using a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

Although the early Christians denounced the practice as pagan, the popularity of the baby as a symbol of rebirth forced the Church to reevaluate its position. The Church finally allowed its members to celebrate the new year with a baby, which was to symbolize the birth of the baby Jesus.

The use of an image of a baby with a New Years banner as a symbolic representation of the new year was brought to early America by the Germans. They had used the effigy since the fourteenth century.

#### FOR LUCK IN THE NEW YEAR

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. [Parties](#) often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.

#### AULD LANG SYNE

The song, "Auld Lang Syne," playing in the background, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scottish tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days." The lyrics can be found [here](#).



**Get Involved!**

[www.biausa.org](http://www.biausa.org)  
(National)

[www.brainassociation.org](http://www.brainassociation.org)  
(Arkansas)

[www.neurorestorative.com](http://www.neurorestorative.com)  
(Timber Ridge Ranch)

**NEW FAMILY TRAINING MODULES**

*These Modules are available to families. They will provide you with important information.*

Contact TRR to schedule your time at 501-594-5211 or  
email: [mbell@neurorestorative.com](mailto:mbell@neurorestorative.com)

**JANUARY FAMILY SUPPORT GROUP**

Family Support/Training Group  
January 29, 2010  
12Noon-1PM

**ALL FAMILIES ARE WELCOME!**



*... Where Brain Injury Outcome Triumphs*

P.O. Box 208, Benton, AR 72018