



# What's Happening At Main Line June 2015

## Congratulations to Lauren L.

Lauren L. and her date Blake were chosen as Prom Queen and King at Lauren's Livv Lyfe Prom held in April at the Riverview Country Club in Easton. Lauren L.'s student council has also elected her to carry the mace and lead the procession for her school's graduation, at Easton Area High school. We're so proud of Lauren, and wish her well as she moves to New York this summer! We know she will continue to set an example as a hard worker with a relentlessly positive spirit! Thanks for the privilege of working with you!



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Visit Main Line's Facebook page and "like" our page to find the latest announcements for resources and activities. Go to:

[www.facebook.com/MainLineRehab](http://www.facebook.com/MainLineRehab)



## USDA'S Food App

Recently released for Iphone and Android devices, the **FoodKeeper** app includes information on more than 400 items, and the app gives you the ability to access cooking and storage tips, receive food expiration notifications and submit questions to the "Ask Karen" feature, which provides information on a variety of issues, including preventing food borne illness and safely preparing meat and poultry products.



The **FoodKeeper** app was released in early April 2015 by the U.S. Department of Agriculture (USDA) as part of the larger U.S. Food Waste Challenge, which began in 2013 in partnership with the U.S. Environmental Protection Agency.

## Free BIAA Webinars

The Butch Alterman memorial webinars a series of free webinars that are focused on and primarily for people who are living with brain injury.

The series is made possible through the Butch Alterman Memorial Fund, was established by Maureen Alterman in memory of her husband and supports BIAA's education efforts.

Webinars already presented include:

- Realistic hope after brain injury
- Getting back to work
- Understanding social security disability; and
- Strategies for coping with "brain injured moments"

Recordings of these webinars can be viewed on the BIAA website at [www.biausa.org/alterman](http://www.biausa.org/alterman).

The next upcoming Webinar is October 8th, 2015. To find out how to register for this webinar go to [www.facebook.com/MainLineRehab](http://www.facebook.com/MainLineRehab) or visit [www.biausa.org/biaa-events.htm](http://www.biausa.org/biaa-events.htm) to register.

## Save Money by Shopping In Season Produce

Groceries can be expensive, and tips for saving money are often time-consuming, such as cutting coupons and making multiple trips to the store each week to avoid waste. One easy way to save on your grocery bill, while also eating healthy food, is to shop for fruits and veggies that are in-season. Another added benefit? In-season produce tastes better.

In-season fruits and vegetables are easy on your wallet because when there is an abundance of these crops, it brings the overall price down. Also, when the produce is local, it costs less to package and deliver it to the store. It's even good for the environment to shop in-season produce, since less gas is used to transport the local, in-season produce.

To find out what vegetables and fruits are in season in your area, visit [www.sustainabletable.org/seasonalguide/seasonalfoodguide.php](http://www.sustainabletable.org/seasonalguide/seasonalfoodguide.php).

## Cooking On A Budget Resource:

*Good and Cheap* is a cookbook that features healthy recipes for individuals on a tight budget, specifically those on SNAP/Food Stamps. The recipes featured fall into several different categories, such as:

- Breakfast
- Eggs
- Soup
- Big salad
- Savory pies and tarts
- Sautéed vegetables
- Pizza
- Pasta
- Dinner
- Desserts
- Drinks
- Pantry items and flavor boosters



To download this pdf for FREE visit <http://www.leannebrown.com/>

## Housing Resources

### **Housing Choice Voucher (HCV) Program.**

This program assists low-income families in finding safe and affordable housing. The HCV Program is administered by the county Public Housing Agency. More information can be found here:

<http://portal.hud.gov/portal/page/portal/HUD/states/pennsylvania>.

### **Section 811 Supportive Housing for Persons with Disabilities Program.**

This program was created to allow non-profit organizations to develop and operate rental housing combined with supportive services for very low-income adults with disabilities. In order to be eligible for Section 811 housing, a household must have very low income and at least one member of the household must be an adult with a disability. More information can be found here:

<http://www.hud.gov/offices/hsg/mfh/progdesc/disab811.cfm>.

### **PA Housing Choices:**

Visit <http://www.pahousingchoices.org/housing-resources/helpful-links/> for a detailed list of websites that provide assistance in helping individuals find appropriate housing choices. These links include a housing locator and housing resources provided by state, federal, and non-profit agencies.

### **New Resource: PAD Mapper:**

PAD Mapper is a website that allows individuals to easily search for apartments. Pad Mapper includes listing from several different search engines to come up with a comprehensive listings that meet your requirements. Simply adjust the filters for price, location, amount of bedrooms and bathroom and click go. Visit <http://www.padmapper.com> to check out this resource.

## Managing Stress

Stress is part of being active in the world. One source of stress is things that happen. The other source of stress is how we react to the things that happen. The big challenge is to be in control of stress instead of letting stress control you. Good management of stress is something important to achieve. Managing stress helps us:

- Accomplish goals
- Stay healthy
- Feel proud and in control
- Feel calmer

### **Managing stress effectively involves four important things:**

1. Understanding your own stressors
2. Making good choices
3. Using helpful self-talk
4. Staying as calm and relaxed as possible

### **Here are two strategies that have been shown to help with managing stress.**

1. Calming Self-Talk: What we say to ourselves really affects how things turnout. Try saying more calming things like “I am really angry but I believe I can control it. Time to take a deep breath and let it out slowly, and tell myself to RELAX.”
2. Self-relaxation: Close your eyes, imagine you are at the beach, listening to the waves. Notice your breathing getting smooth and even, like the sound of the waves. As a wave rolls in, you breathe in. As the wave rolls out again, you exhale. If possible purchase a CD of wave sounds or do a search of wave sounds on [www.youtube.com](http://www.youtube.com) to help you practice.

### **Top Tips for Managing Stress**

- Take a deep breath, let it out slowly, say “relax” to yourself
- Say positive things to yourself
- Plan ahead, anticipate
- Avoid people and situations that stress you out, if at all possible
- Rest when you can
- If you have had a stressful day, do something healthy that you enjoy
- Don't try to do too much at one time
- Eat healthy foods, sleep regular hours, exercise, and play in safe ways when you ca
- Smile

Excerpt from Virginia Clubhouse Vocational Transitions Program Manual (Niemeier & Kreutzer, 2007).

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# Hobbies, Activities and Interests Survey

Main Line Rehabilitation Associates continues to investigate for social and recreational activities to assist the people we serve with achieving their goals. In an effort to further expand people centered services, including group activities, we are investigating activities you enjoy currently. Please complete the survey that lists different activities. Your MLRA staff will assist you if you like. We look forward to receiving your response so we can create additional opportunities for social activities. You can also find a link to take this survey on our Facebook page.

1. What is your name?
2. What social recreational activities do you participate in?
3. What activities would you like to participate in that you are not currently doing?
4. Would you like to get together with other people who share your interests and talents?
5. What time of day would you be most available? ( Please Circle All)  
Morning                      Afternoons                      Evening                      All of the Above
6. What day(s) of the week would you be most available? (Please Circle All)  
Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      All of the Above