



UI TIMES

Quarter One 2020



Above: Arty, showcasing the new wreath decorated by clients & staff during a holiday party at his group home.

Right: “Peace and love.” Bruce, participating in our holiday card decorating event during the weekend therapeutic enrichment program.

Hello Readers,

We are so excited to present our first newsletter of the new year with contributions from ALL of our Universal sites. We present to you content from our New Jersey, Pennsylvania, and Michigan locations. This edition is filled with such great content with tons of photos that depict our clients’ lives being fulfilled both inside and outside of the rehab.

We hope you enjoy this edition. If you have questions about how you can get involved in the newsletter please email us at:

TRUnewsletter.NJ@gmail.com



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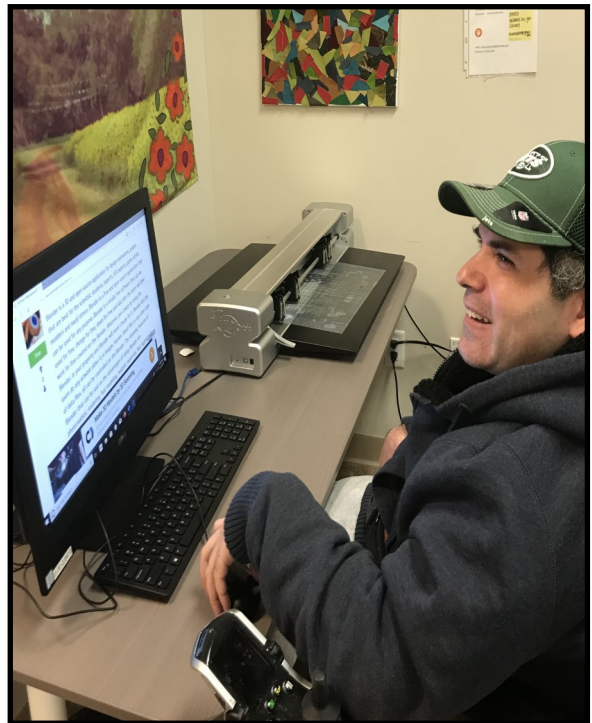
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Our message from the Editor:

“This is an exciting edition with contributions from all corners. Our New Jersey, Pennsylvania, and Michigan locations have shared bits and pieces of their unique programs with photos of fun activities and articles shared by clients. We are officially complete and have successfully built a space where all locations can come together.

We will soon be celebrating Universal's 30th anniversary and I would like everyone to reflect on the progress and growth that has taken place over the past 29 years. As Jerry Lasso stated, “Disability is a state of mind.” Our disability has given us an opportunity to push through and practice strength and resilience.

Just a thought from your Editor.”

Sean Nave—Editor of the UI Times



Above: Jean shows off his art work made out of a variety of fabric patches.

Motivational Moment:

Hello my name is LaToya. Over 20 years ago I was in a car accident which left me paralyzed and changed my life forever. I have always been a positive person so I was determined to not let my circumstance change me. For some odd and weird reason I believe that I was made for this. I live my life with the belief and faith in God that anything is possible. Since that tragic day, through confidence, strong will, and my belief that affirmation and positive thinking is key, I've had many unexpected recoveries. I was even able to go back to school, get a college degree, and start my own business. I would just like to encourage anyone who is reading this that the sky is the limit, and you can achieve anything that you invest your mind and commit a strong effort towards. Don't let your situation determine your outcome and where you are now is not where you will always be in life. If you dwell on negative things, you will produce negativity. So try to find something positive and focus on that. When accidents and incidents take place in your life, just know that you were made for this.



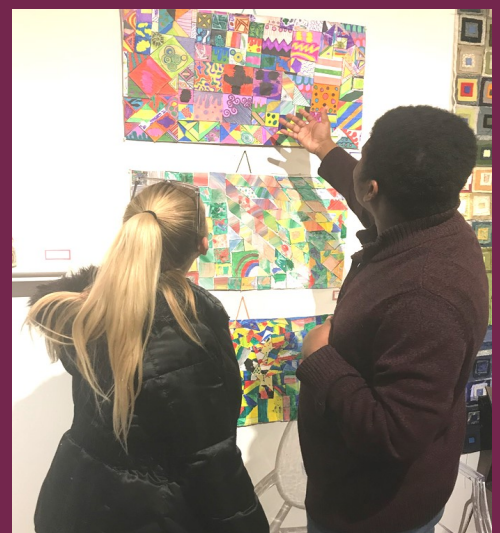
“Truly inspirational! LaToya, I worship your example of strength; your showing more Power than the famous television show! I deal with Multiple Sclerosis, but I would rather shift my mind to this message of positivity. My mother always says, “Our only true limit is the one we put ourselves; please continue to exude such an example.”

—Quinnell (Livingston, NJ)

Creative Corner



Above: Leslie's abstract piece created at an event at cUIRated Gallery in Caldwell, NJ was used as the main design for our holiday cards.



Above: Jean, explaining the method and inspiration behind his art work during the cUIRated Gallery's quilting show.

Left: Eric proudly displaying his work.

Another SPOOKtacular HaLLoWeeN in Bethlehem, PA!

There is no doubt that Halloween is the most anticipated time of the year for this creative bunch. This year's preparation began in mid-September when clients had the opportunity to visit their favorite places to plan their funny, creepy, scary, weird, and cute costumes.

"Our clients take great pride in their costumes. They embrace the challenge of exploring ideas and finding materials to piece together their vision. What better way to express themselves!" –Brandon Loch, CTRS

The day's festivities included music, games, delicious treats, a pumpkin decorating contest, and of course prizes for favorite costumes in various categories.



HALLOWEEN AT TRU



HELLO READERS,

I'M PROUD TO ANNOUNCE ROYAL OAK MICHIGAN HOSTED THEIR THIRD ANNUAL HALLOWEEN PARTY, ON OCT 31, 2019. IT WAS A SUCCESS. I WOULD LIKE TO BRING ATTENTION TO OUR STAFF GROUP COSTUME PHOTO. STAFF DECIDED TO ALL COME TOGETHER AND BE "THE BEANIE BABIES". (WHAT AN AWESOME IDEA!) THE REST OF US WERE IN THE SPIRIT AND DECIDED TO DRESS UP AS WELL. WE DID SEVERAL FUN ACTIVITIES. I THOUGHT THE SENSORY BOXES WERE A GOOD IDEA BECAUSE IT WAS SOMETHING EVERYONE COULD PARTICIPATE IN. WE ENJOYED PUTTING OUR HANDS INTO MYSTERIOUS BOXES, SUCH AS EYEBALLS MADE OUT OF JELL-O & FROZEN GRAPES, A HUMAN MUSCLE MADE OUT OF HOME-MADE SLIME AND BRAINS MADE OF COOKED NOODLES WITH BABY OIL, JUST TO NAME A FEW. ANOTHER ACTIVITY THAT WAS A BIG HIT WAS THE CANDY CORN GUESSING GAME. PEOPLE USED MATHEMATICS, EYE COORDINATING SKILLS AND MANY OTHER TECHNIQUES TO GUESS HOW MANY CANDY CORNS WERE IN THE JAR. WE ENJOYED A FEW OTHER GAMES LIKE A SCAVENGER HUNT, HALLOWEEN TRIVIA GAME AND SCARY MOVIE TRIVIA. AS WE ENJOYED THESE ACTIVITIES WE INDULGED IN PIZZA AND MANY OTHER WONDERFUL SWEETS. I BELIEVE THESE GATHERINGS PROVIDE ROYAL OAK WITH GREAT TEAM SPIRIT.





Halloween In Livingston

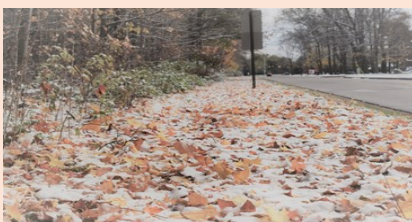
Staff and clients across all locations truly went all out for this year's Halloween celebration! Which costumes were your favorite?



What's happening near you?

In Michigan, the weather can be unpredictable. Here's a photo of our first snow fall of the season. The Farmer's Almanac suggests that our upcoming winter will be cold and snowy. Personally, that is fine with me since I plow snow in the winter for the houses around me.

Our first snow fall was quick and minor. However, just two days later, the temperature dropped and our beautiful state was filled with snow again.

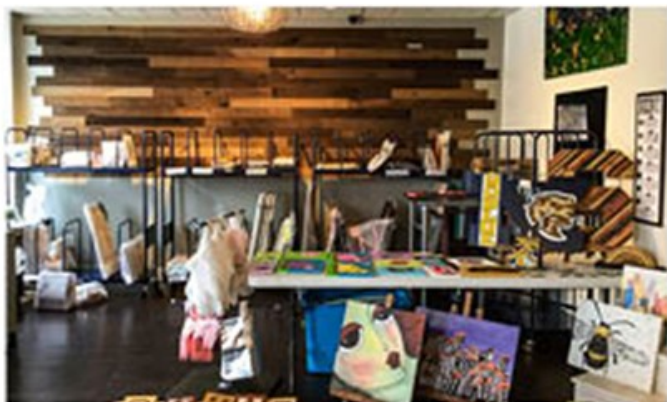


Review by Jonathan K.

Hi Jonathan,
Thanks for sharing. The weather in NJ has also been unpredictable. We have not had a major snow fall and I hope it stays that way.
—Eric S.



Above: Willie, Joanie, and Jeff dropped off \$500 worth of hygiene kits to the Relief Bus headquarters located in Teaneck, NJ. All hygiene kits were assemble by clients at Day Program.



A Cornucopia of Blessings: TRCollections pre-Thanksgiving pop-up shop

The only thing better than getting a good deal on gifts for the holiday season is when you can avoid the freezing temperatures, crazy traffic, searching for a parking spot, and crowds of people. If you're thinking going to [etsy.com/shop/trcollections](https://www.etsy.com/shop/trcollections) is the way to go you would be half right. On Wednesday November 20, 2019 TRCollections hosted its third pop-up shop since transitioning to E-Commerce. The intent, according to the TRCollections team, was to allow our customers who enjoyed shopping in person when we were Gallery U that same opportunity. There was human interaction, refreshments available, for every purchase customers were entered into a drawing for a chance to win a prize, and 30% off to the public was a nice incentive. For the loyal customers getting to peruse the merchandise and buy in person, the discount was icing on the cake. One such customer expressed exasperation that there was no longer a brick and mortar shop, noting that it was a unique store. The unique she is referring to is best summarized by a client from the Troy clinic who has noticed she is less nervous, able to concentrate better,



and not think about her accident. Sheila feels that the training she is receiving will help her to one day be gainfully employed. For Sheila seeing her pieces being sold is an amazing feeling. Creating a shop on Etsy not only allows consumers all over the world to purchase pieces, clients get verifiable proof that despite their disability they can thrive. In addition to the discount to the public, employees were able to combine their 30% discount. Suffice to say a lot of presents were purchased that day. The sun was shining and the temperatures were very pleasant for this time of year in Michigan. Native Michiganders or anyone who has resided in the state for even 180 consecutive days know nice weather is gift in and of itself. The biggest gift is intangible. After Gallery U transitioned to Etsy, customers noticed the absence of the brick and mortar shop and requested to shop in person. In doing so the community helped to destigmatize TBI, gifting the clients confidence and motivation. Although it cannot be seen or touched, it is felt. A reason for everyone at UI Rehab to give thanks!

Gabrielle Stephens

JT's Shake Shack Review



I ventured out today with staff member Emily to check out one of the local Shake Shack locations. I'll start out by saying that everything is ala carte ordering. I'm going to review the CHICKEN SHACK sandwich, the crinkle cut fries and the peach cobbler shake.



Let's start with the CHICKEN SHACK; the \$6.69 sandwich had a nice crunchy batter with a slight seasoning to it. The batter had just the right amount batter, not too heavy but enough to make you feel satisfied that you ate a sandwich. It comes with lettuce, pickles and mayo.

To accompany my chicken sandwich, I had an order of the crinkle cut fries, which at \$2.99 might seem a little pricey but you can't go wrong with crinkle cut fries, I highly encourage you splurge and add the fries.



I finished my meal with a \$5.29 piece of heaven. The Oh My Pie shake was made with vanilla custard and Black Bird bakery peach pie. They mix the pieces of the pie with fantastic vanilla custard. It is a taste so good it will make you want to scream hallelujah!



Hi JT,

What a great review! I love peaches so the Oh My Pie shake sounds like a good choice to me! I also enjoy chicken sandwiches and fries so I would likely try the same meal. I hope to enjoy my meal as much as you did. Thank you for your review!

- Debbie (Livingston, NJ)

Sensory Art Group



Left: Patty & Alyson painting with pine branches and tinsel garland during Sensory Art Group in Life Skills Center.

Above: Finished product (paper Christmas trees, paint mixed with pine scented essential oil, pine branches and tinsel garlands for art tools).



Above: Once a month cUIRated Gallery hosts individuals from Universal, Brain Injury Alliance of New Jersey (BIANJ), and Opportunity Project for a support group.

Topics discussed include coping with TBI, relationships after TBI, life with TBI, and more. The doors are open to any clients and staff interested in attending. Be sure to look out for upcoming dates on the monthly Enrichment Calendar.

Hi Lauren and Universal Institute Clients,

On my behalf, I wanted to thank you for the past 3 months. Universal opening up its doors to me and my fellow Traumatic Brain Injury Survivors has made a large impact on my life. I love the Gallery and how everyone is invited with open arms despite their deficits, and I love the hospitality that I have received from everyone when I go to the Livingston Campus. It's always a warm and welcoming place that makes me feel at home.

Universal clients are inspiring. The support group that I have attended for the past 3 months has helped me create new friendships and feel brave about facing my injury. It is groups like this that make my work at the New Jersey Brain Injury Alliance rewarding and worthwhile.

I hope in the future more clients come to the monthly support groups at the gallery. I have enjoyed meeting Tiffany and Erin and Universal clients. You have a great program over there and I am so happy to have met Lauren at the Kessler conference last year.

Sending healthy wishes for 2020,

Scott

TBI Survivor and NJ Brain Injury Alliance Advocate

Support Group

In the Community



A group of Long Branch clients watched Giants vs Packers 12/1 from a VIP box on Sunday with a private buffet and indoor seating!



The cold weather doesn't mean Long Branch is done with swimming. OT took a trip to the local YMCA to change up therapy a bit and include some aquatics!

Employment

Interview featuring Greg

What is your job title?

I am the front desk assistant at the Human Resources Department.

How did you obtain this position?

I spoke to the vocational services coordinator about the position. I edited my resume and cover letter that I submitted to Maria, Director of Human Resources. I then interviewed with Maria and the interview went well.

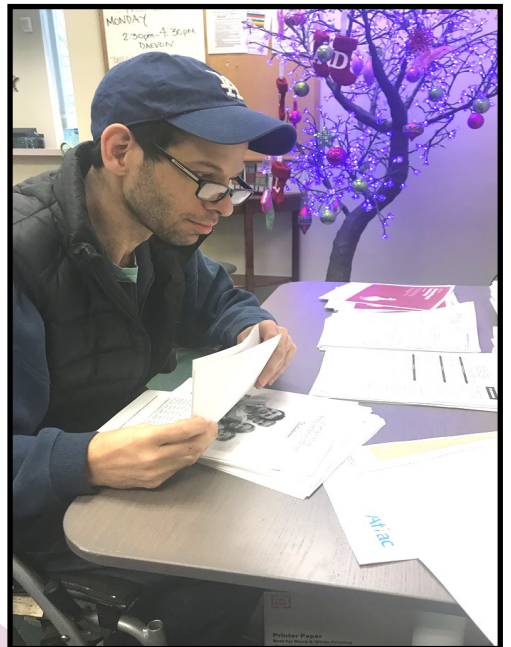
What are your work responsibilities?

As soon as I walk in, I always check the copier to make sure all the paper trays are filled. I deliver documents and make photocopies for the appropriate personnel. I also sort and assemble training packets for new staff, alphabetize exception slips according to last name, and occasionally create flyers on the computer. Once I've completed all my responsibilities, I use the extra time to contribute newsletter articles to the UI Times. In addition to clerical work, I enthusiastically greet guests that walk through the door of Human Resources.

What do you enjoy most about this position?

I really enjoy being part of a team. I also enjoy working in a quiet and professional environment. It is very nice all those in Human Resources are so dedicated to their tasks.

What are some of your work goals? I would like to increase the faxing responsibilities. I have also expressed interest in volunteering at LifeTown, (multi-purpose center for children with special needs)".



Holiday Cheer



Left: Long Branch had their annual holiday party at Rooney's thanks to our volunteer Mary Ellen. The clients met with Mr. & Mrs. Claus, watched a magic show, and enjoyed a buffet with ocean front dining!

Below: Some of our Long Branch staff performing the Twelve Days of Christmas.

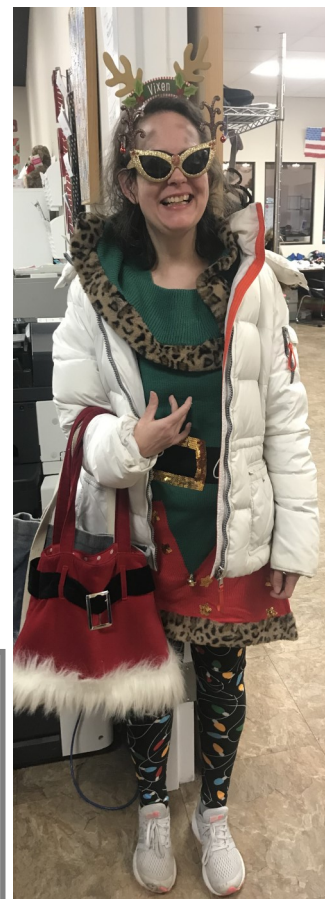


Below: Santana smiling away behind Livingston's holiday photo booth custom made with clients during their speech therapy sessions.



Above: Steven decorating the Christmas tree for the front lobby of Livingston.

Right: Takenya was the winner of the BEST Ugly Sweater contest in Livingston.



Moment of Reflection

The Community Enrichment Team graciously thanks everyone for an amazing end to 2019.

Because of your time and efforts, we have proudly served and engaged 87 different clients in 24 events that have occurred over the past 3 months over evenings and weekends.

We are proud to have both participated in and hosted the following

Community Enrichment Events:

Soup Kitchen Volunteer Event

Sharing Network N.J. Volunteer Meetings

Livingston Library Arts & Crafts Club Meetings

Caldwell Street Fair Arts & Crafts Vendor

LACD (Livingston Advisory Committee for Disabilities) Halloween & Christmas Parties

Friendship Circle 5K

Crafting & Discussion Events

TBI Support Groups with the Brain Injury Alliance

Gallery Game Nights

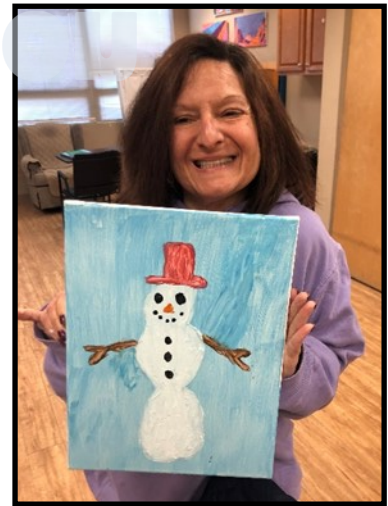
Knit-for-A-Cause Groups

Paint & Sip Events

Holiday Party at the Denville House

(Thanks, Denville!)

Small Business Saturday in Caldwell



I want to personally thank my colleagues who have volunteered their time and their passion to help all of my visions come true, and I want to thank group home managers and residential staff for their flexibility and commitment. I am excited for 2020 to be a year of more fun and fulfillment for our clients. Thank you!
Sincerely,
Lauren & The Community Enrichment Team

Thank You!

Surprised and Touched Beyond Words

Coming from a speech therapist, that is a monumental statement!



Dear Universal Family,

I was truly touched by the outpouring of decorations, gifts, signs, flowers and tokens to welcome Baby Walsh. While I was out for a couple days, the staff and students worked tirelessly to organize a baby shower of love and completely transformed my office. Needless to say, I was truly shocked beyond words when I returned to see such heartfelt intentions. The amount of gratitude and kindness I feel is hard to express in words. I am truly fortunate to work with such endearing and thoughtful people. A huge THANKS to all involved for your gifts and efforts in welcoming my new little bundle of joy.



Love, Kristin

**Nathan Joel
Walsh
Born on
1/3/2020
4:57AM**

Come shop with us and save !



**Use the code EMP30 for 30% off
www.etsy.com/shop/TRCollections**

Thank you for reading!

A huge thank you to all our contributors for making this newsletter possible. We appreciate your support and look forwarding to collaborating more in our future editions.

- Newsletter Committee