

ReMARCable Times

INSIDE THIS ISSUE:

MARC *These Words!*

Music Through the Decades!

MY HOME: HAITI

The Vocab Lab

The Great Beginning

Word Search Puzzle

THE ART OF GIVING
YOU & I

MARC *These Words*

By: Leon D.

"Repeat anything often enough and it will start to become you."

—Tom Hopkins

"WHAT WE ARE TODAY COMES FROM OUR THOUGHTS OF YESTERDAY, AND OUR PRESENT THOUGHTS BUILD OUR LIFE OF TOMORROW: OUR LIFE IS THE CREATION OF OUR MIND."
—BUDDHA



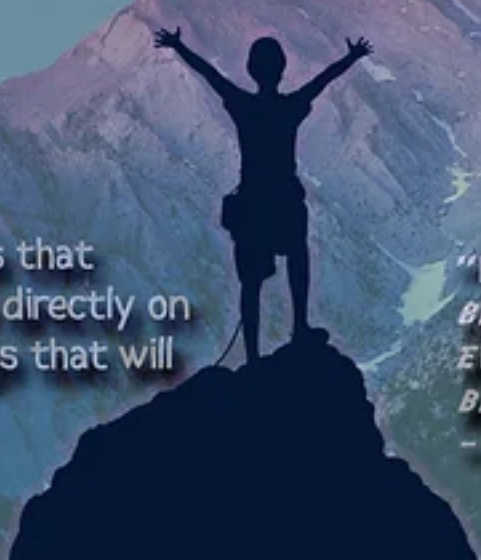
There is no power for change greater than a community discovering what it cares about.
—Margaret J. Wheatley

TOUGH TIMES DON'T LAST.
TOUGH PEOPLE DO.
—ROBERT SCHULLER

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.
—Ralph Waldo Emerson

"Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us."
— Nichole Reed

"WHEN WE STRIVE TO BECOME BETTER THAN WE ARE, EVERYTHING AROUND US BECOMES BETTER TOO."
— PAUL COELHO



Magic Through the Decades

Favorite Picks

By: Mike Donohue

Music is the heartbeat of society and culture, and it is one of my favorite leisure activities.

I wanted to share with everyone my list of musical artists who were important to me, and maybe, just maybe, you might enjoy listening to them too.

1950s

Elvis Presley
Ray Charles
Buddy Holly
Perry Como
The Everly Brothers

1960s

The Beatles
The Rolling Stones
The Beach Boys
Bob Dylan
The Temptations

1970s

Ottis Redding
Led Zeppelin
Barry White
AC/DC
Kiss

1980s

Michael Jackson
Madonna
Hall and Oates
Scorpions
Whitney Houston

1990s

Mariah Carey
Celine Deon
Red Hot Chilli Peppers
Boyz II Men
Salt-N-Pepa

My Home Haiti

By: Rodrig J.

Now that I live in Novi, Michigan my life looks different than when I was in Haiti. I have traveled many places, but now I am happy to be here in Novi and not traveling anymore. I have come a long way since I was living in Haiti, my home country. Although I am miles away, Haiti will always be part of me.

In Haiti there are 11.4 million people living there. The country spans 10,714 square miles, where Michigan is 96,716 square miles. You could fit Haiti in Michigan about 9 times! Since Haiti has 1100 miles of coastline, you won't have any problem finding a beach to enjoy. Since Haiti has a hot, humid climate, like Miami, Florida, swimming is very popular. When I was a teenager, I went with my grandfather fishing. We caught a lot of fish! Some fish we sold to the market, and some of it we kept for ourselves to eat. My family has a few gardens in different locations on the island [Cayemite](#), and they grow some food to sell and eat as well. They let friends in the community come use the garden to grow food. Some of the food that grows in the gardens includes bananas, yams, potatoes, beans, peanuts, and mangoes. When I lived in Haiti, I helped harvest the food.

In Haiti, you can hear many different languages. The language I grew up speaking, is [Haitian Creole](#), but I also learned [French](#) in school. Haitian Creole is similar to French, but it has its own flavor to it. It is the most-spoken creole language in the world and is based largely on French with influences from Portuguese, Spanish, English, Taíno (extinct Caribbean language), and West African languages. Haiti was owned by France for 145 years before becoming its own country in 1804. Spanish is also common in Haiti since they share the island with the [Dominican Republic](#).

Haiti is a treasure and a beautiful place to live or visit. There is a lot of nice weather, great food, boats and beaches to enjoy life on. If you ever get the opportunity to travel to Haiti, I think you will enjoy it too.

Map of Haiti



Labadee Beach, Haiti



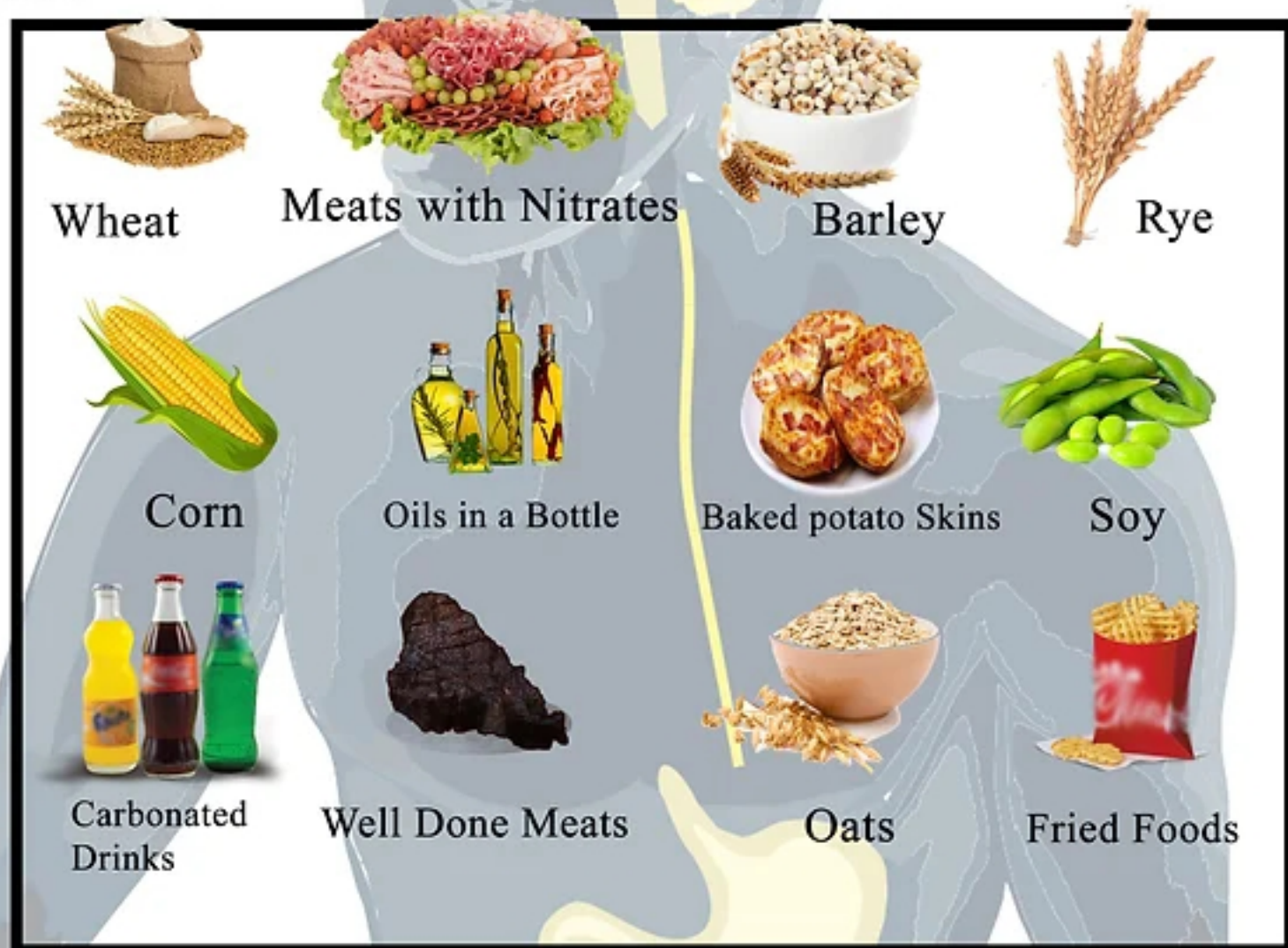
Common Haitian Vegetables



THE GREAT BEGINNING

By: Maren Ruch

To live GLUTEN FREE is to make sure your body can ABSORB all the health-giving nutrients you eat and all the supplements you take. Absorption is the key, and an anti-inflammatory body is the goal. Living gluten free helps you remember better. Your cognitive skills return, and you can stay on task, and do math again. Try it, you'll like it. Carbohydrates are the cardiac villain and high-quality good fats, primarily medium chain triglycerides, are a very important part of establishing and maintaining our healthy self. To achieve a healthy, anti-inflammatory body, eliminate these common inflammatory foods:



Eating Gluten worsens any medical condition that is considered inflammatory. Conditions like arthritis, any digestive issue, bloating, eczema, headaches, brain fog, depression, anxiety, joint and muscle pain, are the most common side effects from eating gluten. Give up gluten and enjoy life more.

Being Gluten Free prepares your body to absorb nutrients from food and supplements

To live KETO allows your brain to heal and repair itself. Ketone bodies heal the brain.

Disclaimer: The opinions presented in this article are those of Maren, and do not reflect the opinions of Marc or MA.

Word Search Puzzle

SELECTION BY: KIMI M.

2015

Movies with One Word Titles 1

T	R	A	N	S	F	O	R	M	E	R	S
H	T	W	A	T	C	H	M	E	N	S	R
A	W	G	J	T	I	T	A	N	I	C	T
L	I	T	O	O	T	S	I	E	E	T	I
L	L	G	U	T	R	O	C	K	Y	E	L
O	I	J	L	H	A	E	S	A	E	R	G
W	G	T	R	A	E	H	E	V	A	R	B
E	H	O	T	N	D	O	N	U	J	S	N
E	T	S	E	C	E	I	N	E	V	E	S
N	A	W	V	O	S	W	A	O	E	A	C
W	L	A	I	C	S	C	N	T	E	N	M
D	I	J	T	K	A	O	G	J	O	R	E
A	E	M	A	O	W	N	O	G	A	R	E
E	N	A	R	M	A	G	E	D	D	O	N

TITANIC
GLADIATOR
ROCKY
ALIEN
GREASE
BRAVEHEART
EVITA
TWILIGHT
SAW
HALLOWEEN
ARMAGEDDON
TRANSFORMERS
WATCHMEN
HANCOCK
TOOTSIE
SEVEN
JUNO
JAWS
ERAGON

print & Enjoy!

The Art of Giving

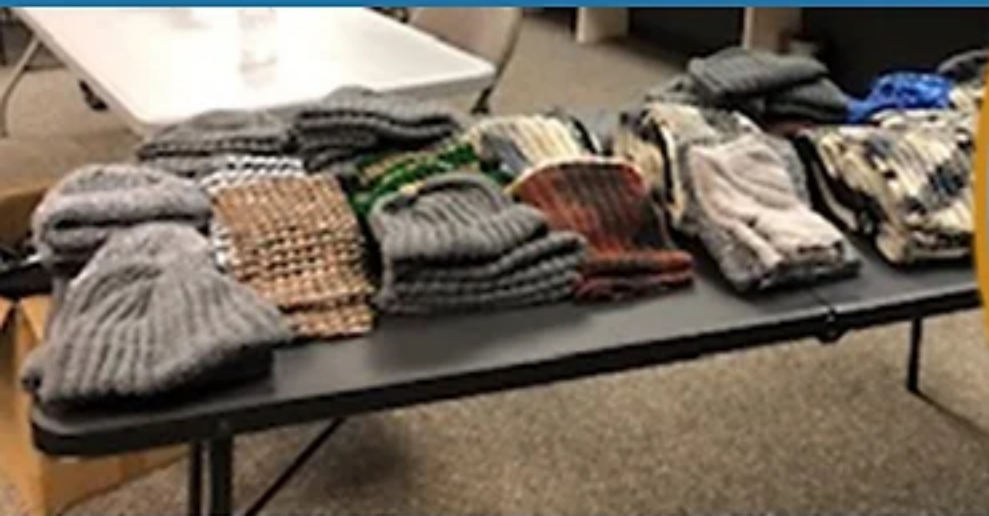
On December 7th, 2021, Ms. Leyzerovich, a vocational associate at MARC, donated hand-knitted scarves and hats to HOPE Homeless Shelter in Pontiac, Mi. The homemade items were made during occupational therapy sessions and throughout the work day. Ms. Leyzerovich had identified knitting as an activity she enjoyed prior to a motor vehicle accident on 06/27/2020. However, following her accident she was not able to participate in knitting secondary to limitations in fine motor skills that were a result of her accident. While at MARC, knitting was used as a meaningful medium to improve and strengthen skills and meet her goal to resume participation in knitting.

Initially, Ms. Leyzerovich was engaged in knitting simple scarves to address hand movement and coordination. She quickly demonstrated proficiency with knitting and began making hats and more complicated knitting patterns. She even started to share her love of knitting and taught others at MARC how to knit using a loom.

The decision to donate the scarves and hats occurred after a conversation in therapy about how Ms. Leyzerovich had once been close to being homeless in the past. She shared that during that time in life, she was able to make it through because of the generosity of others and would like to repay this. She identified that the homeless population is often overlooked and should not be, as that could be any one of us at any time.

Ms. Leyzerovich gave a special thank you to Charlie Norwood for ordering supplies and supporting this volunteer endeavor during the work day. She also said thank you to Kelley Lee, her occupational therapist, for sitting and knitting with her during therapy sessions and "listening to me."

The pictures below illustrate Ms. Leyzerovich with all of her hard work before donating.



You & I

By: Steve Copley

This page will be dedicated to providing useful information for survivors of TBI

Another Year is Upon us for the Detroit Tigers Baseball team!

Opening day Tigers baseball is april 8th 1:10pm at Comerica Park downtown Detroit.

The BIAMI (Brain Injury Associatoin of Michigan) does so many things to make our lives better, including obtaining FREE tickets throughout the baseball season.

To find out more about these free tickets to a Tiger's game, contact the BIAMI at:

1-800-444-6443

I do many things with the BIAMI. I wil follow the updates and bring you more info in the next newsletter.

Thanks,
Steve