

Topics of interest:

- Social Support For Persons with Disabilities
- Brain Injury
- Traumatic Brain Injury (TBI)
- Heart Disease
- Dementia
- Diabetes
- Mental Health/Behavioral Health
- Multiple Sclerosis
- Cancer
- Cancer Survivors
- Epilepsy
- Care Giver Burnout
- Fibromyalgia
- Alzheimer's Disease
- Stroke
- Spinal Cord Injury
- PTSD
- Anxiety Attacks
- Social Anxiety/Shy/Awkwardness/Introverted
- PTSD Veterans/Military
- Physical Disabilities
- Developmental Disabilities

Newburgh Meetup is the second Friday of the month from 1:30 pm to 3:00 pm and held at:

*Independent Living, Inc.
(Newburgh Service Center)
5 Washington Terrace
Newburgh, NY 12550
Phone: (845) 565-1162*

=====
Middletown Meetup, fourth Friday of the month from 1:30 pm to 3:00 pm and held at:

*Independent Living, Inc.
(Middletown Service Center)
441 E. Main Street
Middletown, NY 10940
Phone: 845-342-1162*

=====
Please note: People with severe disabilities must come with their caregiver assistance. All meetup events are Dutch treat. There is no funding. RSVP is required otherwise it maybe canceled. To check the status go to **MHVmeetup.org**.

Organizer: Joe DeJong
Phone: 845-787-3960
Email: Joe_DeJong@Hotmail.com

Version 2.1

Mid-Hudson Valley Disabilities Meetup

Mid-Hudson Valley Disabilities Meetup is connecting friends with disabilities.

To get involved, go to Meetup.com, sign up and join Mid-Hudson Valley Disabilities Meetup.

For more information go to **MHVmeetup.org**



Mid-Hudson Valley Disabilities Meetup is a way of connecting friends with disabilities. People are busy, and it takes effort to stay connected. Having a few close, mutually supportive friends can be the key to staying healthy. These relationships may help you feel supported, stay mentally sharp, reduce stress, and enhance your sense of well-being and happiness.

The coordinating groups will be in Newburgh and Middletown NY. The purpose is to have people living near each other to form public/private Meetups. The Military, Veterans and their families are encouraged to join. Meetups will be non-clinical, nonprofit ,and peer driven.

To get involved, go to Meetup.com, sign up and join Mid-Hudson Valley Disabilities Meetup.

When you sign up and join, you can see if your neighbors are members, chat, RSVP, and get more detailed information.

For more information and updates go to **www.MHVmeetup.org**.

Socializing can improve your coping skills strategies. They may be: staying positive, aware of flooding, aware of your filters, uses of post-its, lists, journals, follow a routine, take breaks, make tasks easier, smaller tasks, avoid distractions, stay focused, use visuals for memory problems, play memory games with friends, computer/cell phones learning (games, education, social media), building relationships. The most important is social anxiety (getting out of the house).

Possible Activities:

- Play cards or other games with friends
- Go to the a movie, or a sporting event, travel with a group
- Try different restaurants
- Join a group interested in a hobby like knitting, hiking, walking, or painting.
- Get active and join a health club.
- The most important is just talk.

We are noticing many people with disabilities are having troubles working with computers. We are asking the caregivers to get involved and signup and join Meetup.