

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

**Facebook Group
Mid-Hudson Valley
Disabilities Meet-up**

<https://www.facebook.com/groups/mhvdisabilitiesmeetup>

**Organizers:
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Joe DeJong**

Version 3

Mid-Hudson Valley Disabilities Meet-up Facebook Group

Mid-Hudson Valley
Disabilities Meet-up is
connecting friends
with disabilities.

Mid-Hudson Valley Disabilities Meet-up 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 purpose is to have people living near each other to form public/private Meet-ups. The Military, Veterans and their families are encouraged to join. Meet-ups will be non-clinical, nonprofit, and peer driven.

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.
- Zoom