

INTERVIEW: ZSCHE NAVARRE

By Michael Valdivia



This month's Seattle BrainWorks Clubhouse featured member is Zsche Navarre. Zsche has been affiliated with the Clubhouse as a Work Group member since before the Clubhouse opened. He is 41 years old and was born here in Seattle. With his family he has lived in several Washington State cities, attended many schools and graduated high school. He is about 25 years out from the date that he sustained the first of two traumatic brain injuries. The first was due to a motor vehicle accident. While employed as a Residential Counselor for people in the developmentally disabled community, he sustained his second TBI. His TBI rehabilitation took place on two different occasions and at two different Seattle hospitals. The two programs were Harborview's TBI rehabilitation program and rehabilitation at Children's Hospital, "which was very helpful" in recovery. He has made significant progress in his recovery over the past 25 years.

As a result of sustaining, rehabilitating and recovering from two TBI's, Zsche has gathered a vast amount of experience and understanding of TBI rehabilitation, services, bureaucracy and support systems, or lack thereof. Through attendance at yearly TBI conferences in

Portland and later in Washington State, applying his personal TBI experiences, and learning about advocating, education and support systems for TBI, he began to involve himself in advocacy and support. He was a volunteer at the Brain Injury Association of Washington's office, became a BIAWA support group facilitator for the Cherry Hill TBI support group, and is served as a Seattle BrainWorks Clubhouse Work Group member.

In his dual roles as a Clubhouse member and Work Group member, Zsche was able to provide valuable information, experience and insight from a TBI survivors' perspective. Seattle BrainWorks' Work Group is now in the process of becoming an Advisory Board. The Clubhouse Group was involved in organizing the program's foundation and structure as well as in the interviewing and hiring process for Clubhouse staff.

Currently Zsche lives in his own condo in the Seattle area and just bought a new car for the winter. During warmer seasons, he likes to putt around on his motor scooter. His hobbies include reading. Favorite books include "Foucault's

Pendulum" by Umberto Eco and "Flow My Tears" by Phillip R. Dick. He enjoys visiting coffeehouses and playing video games like "Halo".

Zsche likes coming to the Clubhouse and wishes that there had been a similar program available early in his recovery. He supports Seattle BrainWorks because, being a part of the Clubhouse, "you realize just how important the Clubhouse Model is for TBI recovery." As a personal goal, he hopes that within 5-10 years he may get part-time work and that some of his medical symptoms will improve. He is working to improve both those situations.

Zsche has managed to look to humor to see him through tough times, but shares that he does have a pet peeve: "People who walk too slow through crosswalks." This writer will be sure to stay away from any crosswalks that Zsche may be driving through, seeing as how I enjoy taking my time on walks.

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FUNDRAISING AND ASSISTANCE

By Dawn Tiller

I recently went to Stanwood, Washington with the Women of Woodinville Alliance Church for our yearly women's retreat. I gave a speech on fundraising and assisting for New Horizons Ministries and Seattle BrainWorks. I had a chance to talk about myself and how I got brain damage. I asked if anyone has ever gone through tough times or had such damage in life that they needed full assistance (such as medical care, housing and food). One of the goals of the retreat was for us to make pancake mixes wrapped in new kitchen towels for the young adults at New Horizons. They all turned out very nice. The pancake mix was delivered to New Horizons on January 20.

I go to Seattle BrainWorks due to seizures and brain damage. SBW has helped me recover from depression that came from not working any more. I hope that my relief from depression will continue due to them keeping me busy writing articles and helping out around the clubhouse. I talked to the women at the retreat and said they could call and talk to Erin or Amos and see about volunteering in the Clubhouse. Many of the women have not heard of Seattle BrainWorks and took brochures to learn about us. They let me know that they are business owners or accountants themselves, and that they could give knowledge or assistance. I hope they do call and join us to teach us more about running our Seattle BrainWorks.

OUTING TO BAINBRIDGE ISLAND

By Randee Rios

We went on an outing on Thursday January 20th to Bainbridge Island. Kaid, Michael G, Danny, Larry, Erin and I took the ferry from downtown Seattle to the Island.

On the way to the island on the ferry, I got scared because I don't like being on a boat in the middle of the ocean in 40ft waters. I can't swim that well, and wherever I can't touch the bottom I flip out. And I think for some reason we will sink. I felt safer when we reached the island because we were on land.



When we got off the ferry we wanted coffee so we walked to the town. We went into to a bakery but it was too crowded. We kept walking to another place called Roosters Espresso where it wasn't as crowded. We decided to stay and have coffee. While we were drinking our coffee, we played Hangman because they had paper and crayons on the table for the customers. There were two dogs outside of Roosters that were very friendly. We were petting them,

but they started to bark so we decided to leave because the owner got in trouble.

After that, we went to a candy store next door called Bon Bon. Erin, Danny, and Michael bought candy, and the rest of us just had free fudge. Larry was flirting with the candy lady. Michael bought bacon chocolate, and Danny and Erin bought some jellybeans. Then we walked to a restaurant called the Streamliner diner where we had lunch, but I couldn't have my lunch that I brought because of the health department code. Since I couldn't have my lunch, I envied Michael for having an omelet that looked so good I felt like taking it and eating it.

After our fun exhausting day on the island we got back on the ferry for the joyous ride back to Seattle. On the ride back, we sat in the middle of the ferry so I wouldn't flip out.



Check out our website:
www.seattlebrainworks.org

IBICA CONFERENCE CALL

By Randee Rios

I'm writing an article on the **International Brain Injury Clubhouse Association** phone conference that happened on January 19th. It was about things that the other clubhouses do in the afternoon in the work-ordered day. Some of the things that the clubhouses do are: training service dogs, supported independent living skills (members go out into the community to help other members with laundry, banking, groceries, and cleaning), money management, cognitive games, computer training skills, visual journaling/ daily planning, a walking group, and policy meetings. We can try to do some of the things that were said if we like.

We also talked about clubhouse social networking. It is a good way to bring members together, by allowing them to get a hold of each other. At Seattle BrainWorks, members are doing social networking related to the clubhouse, not personal social networking.



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CLUBHOUSE CHANGES

By Dawn Tiller

Here at the Clubhouse we are going through some changes which have been nice.

First, I wanted to welcome our new members to the clubhouse. You are so very welcome to join us.

Some of our changes are due to the growth in our team. We now have two sections in our clubhouse. One is the business unit; the other is the kitchen unit. Part of the business unit responsibilities are snack sales, lunch making, making shopping lists and, of course, accounting and money management.

We also have lockers now so we can keep our purses and laptops safe.

Erin and Amos are helping us do our Individual Service Plans to keep us strengthening our skills. Let us keep growing and making changes.



HOW TO DISPOSE OF AN UNUSABLE PC

By Steven Gustafson

You have to realize that getting rid of that unusable computer in an environmentally safe manner will be difficult on one's own. That is why the State of Washington and other states have encouraged the nation's computer manufacturers to fund an e-waste recycling program to recycle used or unusable computers without harming the environment or filling up landfills.

Generally, you are going to go to the store where you buy computers to get rid of the above. Of course, it would help if you could buy a new PC. You do not have to, of course. Other places you can turn in unusable PCs are charities like Goodwill, Salvation Army, and Saint Vincent DePaul. Be sure to check with the above stores before you turn in your unusable PC. I may be wrong. A lot of for profit second hand stores will take your unusable PC back (such as RE-PC and others).

Before you can turn in your unusable PC, I would suggest that you clean it well. If you have been reading my article on how to clean your PC you know the procedure, so I will not repeat it here. It is better to recycle a clean computer than it is to recycle a dirty computer. In addition, the computer refurbishing or recycling technician will thank you.



ADVOCACY TRIP TO OLYMPIA

By Randee Rios and Jasmine Brown

A group of Seattle BrainWorks members, staff and work group members (Jasmine, Randee, Carl, Amos, Erin, Michael G, Kaid, Larry, Elmer, Michael V. Janet Mott and Joan Longstaff) went to Olympia to represent the Clubhouse on Friday February 11th at a hearing for House Bill 1614. The bill is about the Traumatic Brain Injury Comprehensive Plan.

(Jasmine) It was fun getting up in front of the legislative committee to speak on behalf of people with traumatic brain injury. I like talking about my brain injury and myself. I felt important, maybe. I also talked to Mark Stroh (Executive Director of disAbility Rights Washington) and asked why he does not run for president. I do not know what he said. We wore matching T-shirts that said "Seattle BrainWorks."



(Randee) In my opinion, it was a very long day, waiting and waiting for the TBI hearing. We went on after hearings about foster kids and what they have been through and are still going through. The people testifying for the TBI bill talked about the good things it will do for traumatic brain injury and how it will support programs like the Clubhouse.



Many thanks to those who recently donated to Seattle BrainWorks! We could not do this without you!

Ryan Bayne

Rosemary Brewster

Leanne Clarke

Faith Fogarty

Haller Lake Community Club

Deborah Jacobs

Martha and Samuel Jacobs

Lezlie Jane

Brian and Denise Johnson

Michael Knoll

Assunta Ng

Christina Orr-Cahall

Sue Peters

Ron Rants

Lori Salzarulo

J. Scott Scowcroft

Steve Silha

Peter and Cheryl Snyder

Judy Tobin

Michael Wayte

Ruth Williams

Christopher Dundon and Mary Wolney

SEATTLE BRAINWORKS NEEDS YOU!

We're looking for committed volunteers to help out in the Clubhouse. Especially needed right now are:

- A volunteer to provide one-on-one literacy assistance.
- A volunteer to maintain our computers.
- Volunteers to accompany us on outings (bowling, ferry rides to islands, etc.)

Please contact Erin Rants at (206) 826-1072 or erinr@provail to talk about volunteering in these or other ways.



If you are interested in making a contribution to Seattle BrainWorks, please contact Erin Rants at erinr@provail.org or (206) 826-1072

or send a check to:

**Seattle BrainWorks/PROVAIL
12550 Aurora Ave. N.
Seattle, WA 98133**

