

SEATTLE BRAIN WORKS CLUBHOUSE WEEKLY NEWSLETTER

12250 Aurora Avenue North, Seattle, Washington 98133

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What the Clubhouse Means (to us)...

Clubhouse is a place where a group of people can get together to accomplish tasks: Share stories (i.e., issues, concerns and needs); have some good food (i.e., lunch); enjoy social activities and events, and find support for every Member's personal life.

Thus far, we've worked on building this (TBI) Clubhouse, Seattle BrainWorks, from "the ground up". We as members have helped with many technology-based tasks, helped prepare meals, gone on several social outings as a group (to a Seattle Mariner's Ballgame, A Fishing outing in early June, Bowling at Spin Alley in Shoreline and a great Community Dinner at Fare Start Restaurant in Downtown Seattle). Held many group meetings at the Clubhouse concerning our needs and goals for the Club house as a whole, also assisted one another in reaching and

setting other personal goals and aspirations to enrich and enhance our lives. Seattle BrainWorks Clubhouse is GREAT place for us to come and grow. Please stop in anytime and chat with one our members we would love to have you.

- By Kaid Skerlong and Larry E. Hudson

July 16, 2010

I suffered a stroke in 2005 (in February, during the Superbowl weekend).

Did you work in the past before your brain injury?

Yes, I used to work as an Instrument Tech for Asarco, Alcoa, and Amgen, Circa 1992-2005, and was a mechanic for Peter Pan Seafoods before that.



What do you do when you're in the clubhouse?

I work on the computer, mainly.

Personal comments: **Be paranoid of doctors – have someone to speak up for you: Maybe a family member (or something).**

Interview of Seattle BrainWorks Member Carl Anderson

Why are you a member of Seattle BrainWorks?

It beats watching reruns all day.

What happened to you that resulted in your brain injury?

Interviewed by: Seattle BrainWorks Club House Member Kaid Skerlong.

**Interview of
Seattle
BrainWorks
Member Shawn
Crowley**



What is your name?

**Shawn Michael
Crowley.**

Are you married?

**No, but if I were you'd
be the first to know.**

*Have you ever been
employed anywhere?*

**Yes, I am employed at
Work Opportunities in
Mountlake Terrace.**

*What do you do for
them?*

**Things you do in a
warehouse like the
Assembly line.**

*How many people were
involved in the assembly
line?*

**Maria was our teacher,
and Jessica and Lupe.**

*How many people are in
your family?*

**I'll tell you how many
people were in my
family: Seven people.
My sister, five
brother's in California,
my mom who has red
hair.**

Are you Irish?

Yes.

*How long have you been
a member of Seattle
BrainWorks?*

Maybe since May?

What do you like to do?

**(I like to) watch TV.
Eating. (Reading the
sports section of the
newspaper. (My
favorite team is) the
Seahawks.**

*What is your main
purpose in coming to
Seattle BrainWorks?*

To eat lunch!

**Interviewed by:
Seattle BrainWorks
Club House Member:
Larry Hudson.**

July 16, 2010

Here at Seattle
BrainWorks we offer our
members a place to come
and be themselves, not be
judged and discuss issues
that have impacted their
lives as TBI survivors. We
also offer social outings,
work experience,
inexpensive lunches, free
phone and wireless
internet access.

Up coming outings:

Mariners Game on
Monday the 19th of July.
Also a Ferry ride to
Bremerton Naval Base
date still TBA.

SBW: Is looking for
volunteers to come in &
teach things like yoga, tai
chi and low impact
exercises, art such as water
color painting, etc.

**PLEASE VISIT THE
SEATTLE BRAINWORKS
TARGET WISH LIST at:**

1. <http://www.target.com/>
2. Choose Gift Registries + Lists
3. Choose Target Lists
4. type in "Erin" for the First Name
5. type "Rants" for the Last Name
6. then click on the "Search" box
7. You should be at the TBI Clubhouse List Items page
8. Scroll down the list and pick something that you would like to donate to the Club House.

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