

SEATTLE BRAIN WORKS CLUBHOUSE WEEKLY NEWSLETTER

12250 Aurora Avenue North, Seattle, Washington 98133

April 26, 2010

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T.B.I. Clubhouse Chooses It's

Name: Since opening on March 1, 2010 and during the GRAND OPENING Celebration, ballots were collected and suggestions were made for naming the TBI Clubhouse. After many creative and thoughtful ideas were offered for developing a working name for the TBI Clubhouse, the attending clubhouse members, after much consideration, have made a group decision for the name selection: **Seattle Brain Works**. Word of the member's choice has been shared with all members and the Work Group advising the clubhouse development. After a positive response was received, the name was officially approved and has been added to our newsletter and will be added to the other documents. The name serves to incorporate location, function, inspiration, and encouragement for those with traumatic brain injuries. Member Larry says, "We need a working brain to make personal decisions." Thank you to all who added input to the TBI Clubhouse's name selection.

CURRENT MEMBERSHIP:

Since the opening on March 1, 2010, **Seattle Brain Works** membership has grown to sixteen. One other applicant is

deciding upon participating. Three new tours are scheduled during the next week's operation. Membership growth is essential for the work needed to support **Seattle Brain Works**.

Scheduled Social Outings: One of **Seattle Brain Works**

members has been employed by the Mariners and can obtain six to eight tickets per month. On Friday, April 30th, members are excited to attend the Mariners vs. Texas at Felix Hernandez Bobble Head night. Future opportunities to attend Mariner games will be offered to members on a first come first served basis. Members expressing interest in attending and who could not attend the Mariners vs. Texas will be offered first choice at the next scheduled event in May, 2010. Members must arrange their own transportation to and from the game. Other outings, such as visiting the Seattle Art Museum will also occur in May, 2010. The first Thursday of each month is free admission. Dates selected will be announced in an upcoming issue. The Museum of Flight also offers free admission from 5:00pm to 9:00pm the first Thursday of each month. Outings to the Museum of Flight will also be announced in upcoming issues.

2010 Traumatic Brain Injury

Conference: Members and Staff are excited to attend the 2010 Washington State Traumatic Brain Injury Conference. This dynamic two day conference will be held on Friday, April 30 and Saturday, May 1, 2010 at the Marriott Airport Hotel in SeaTac. The theme of this year's conference is Beyond Survival: Thriving after a Traumatic Brain Injury. The conference will provide strategies, tools, and resources to help improve the lives of individuals with traumatic brain injury in Washington State. Target Audiences includes Professionals, Caregivers, and Individuals with TBI.

VISIT THE CLUBHOUSE'S WISH LIST at:

1. <http://www.target.com/>
2. Choose Gift Registries + Lists
3. Choose Target Lists
4. type in "David" for the First Name
5. type "Koepnick" 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.

Any prospective members interested in participation with the Seattle Brain Works, are invited to telephone and schedule an appointment to tour Seattle Brain Works and join us for lunch.

206-826-1072

WEEKLY LUNCH MENU

4/26	4/27	4/28	4/29	4/30
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Ham & Cheese Sandwich, Chips, Cup Cake, Apple Juice/Coffee/Tea	Garden Salad, French Bread, Cookies, Juice, Juice/Coffee/Tea	Tomato Soup, Crackers, Orange Peanut Butter & Jam Sandwich, Juice/Coffee/Tea	Pot Pies, Bread & Butter, Salad, Apple Juice/Coffee/Tea	TBI Conference

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Zsche's Report

The members of the new and constantly evolving Seattle Brain Works (aka T.B.I. Clubhouse) are making great progress in creating an environment supporting everybody in the pursuit of making the most of their post-injury circumstances. The daily Community Meetings maintain regular corrections and suggestions to the Clubhouse process and members' needs which hone Seattle Brain Works' Clubhouse to accommodate all new and current members. Once the membership decides upon the activities and individual responsibilities at the twice daily meeting, the schedules for the activities encourage self-direction so each member can find ways to accomplish tasks in a way that works best for them then offers support to overcome each individual's challenges. The various stations (kitchen, business, education & employment) expose members to a diversity of vocations that can have a special appeal to any or all. One example of the accommodations offered to the members are written cues intended to help participants if needed. Members assist other members to accomplish tasks. Matters of cognitive fatigue, difficulty concentrating, overstimulation or flooding and other common symptoms of traumatic brain injury can be addressed without judgment while ways around the problem are offered. Tools and structures like these as well as the freedom to be oneself give the participants the power to create an environment where they do not feel incapable and can learn to be as competent and as independent as they choose to be. This formula of clubhouse is what has brought the Seattle Brain Works Clubhouse to a promising start which members are currently enjoying and benefitting from.