

# THE BRIDGELINE PLACE BULLETIN



## ASSOCIATE EXECUTIVE DIRECTOR'S COLUMN

Leigh Wion

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Winter has ended as Punxsutawney Phil predicted and Spring has sprung! It'll soon be time to get the Garden Unit going to plant the raised beds with vegetables and herbs!

I have a couple of important updates to share with everyone since the last newsletter.

On the legislative front, our statewide advocacy efforts did not produce the results that we were anticipating in the recent General Assembly. Ben Michaels attended the Brain Injury Awareness Day in January with Beth Elliott, a new part-time case manager; others participated virtually or wrote letters to support brain injury services. Now that the session has concluded, our advocacy efforts will be of even more importance in the upcoming years as two of our local Delegates have decided not to run for re-election in November.

On the local government level, we have some advocacy work to do here, too. One of our supportive County Supervisors is not running for re-election and our Charlottesville City Council is studying how they disperse funds to local non-profits. I attended a recent City Council meeting to provide public comment how our programs need the continued support of our City Government.

Our signature event – Comedy Night – is quickly approaching on April 24<sup>th</sup>. Look for more details inside the newsletter on page 10. Make plans to make an evening out on the town and enjoy some great comedians and perhaps a chance for a photo-op with Lola!

Finally, a big thank you to the Brain Injury Services Coordination Unit at DARS for approving our request to upgrade the technology available to our members with two tablets, two desktops, a new meeting table, and a smart TV for videoconferencing. We have used it already for a web-based presentation and everyone could see the slides on the screen from the back of the room!

Here is to hoping your Spring brings new opportunities and growth!



CVC Code 001079

**KITCHEN/MAINTENANCE UNIT UPDATE****David H., Unit Coordinator**

The kitchen continues to use new recipes provided by the clubhouse members. We decided to keep some for the recipe book, they were so good. Some of the more exciting ones were gazpacho, spinach artichoke chicken, and lemon-dill salmon cakes! We also have received a new TV for our event room thanks to funds that were provided by the state! The members really enjoy it so far and look forward to using it more for video conferencing capabilities. The garden planning committee also planted some carrots, collard greens, Brussels sprouts to prepare for the upcoming grow seasons. Updated pictures and status updates will be provided once they sprout and start to grow. The kitchen looks forward to using the fresh produce in upcoming dishes.

**ADMINISTRATIVE UNIT UPDATE****Ben M., Unit Coordinator**

We had a lovely few months in the Administrative Unit. I am so proud of the members who had stepped up to take on more of a leadership role, and those who have been broadening their horizons by trying new things!

As always, we enjoy volunteering at Meals on Wheels. It is such a reward to be able to help, and see people's smiling faces.

At the end of January, we went as part of a group to visit our Delegates and Senators to advocate for increased brain injury funding and services. Everyone there seemed receptive to what we had to say, but ultimately, our proposed amendments did not make the cut this year. There's always next year, though!

**CLUBHOUSE SOCIALS****Anna M., Member****JANUARY:**

On Friday March 25th, after lunch from 1:00-4:00, the BridgeLine Place had our movie social, an in-house movie. Six people came. We had a good time. We watched *Getting Even with Dad*, starring Macaulay Culkin and Ted Danson. It's a action/comedy about a young boy who went to live with his dad, whom he never met. His dad made his money as a crook. His son tricked him, hoping his dad would stop stealing.

**FEBRUARY:**

On Tuesday February 19th from 2:00-4:00 we had our bowling social after the work day. We had about eight people show up. We played one game. Lots of us scored some high scores. It was lots of fun

**MARCH:**

Our March Social will be a game day at the Clubhouse on Friday March 29th, from 2:00 - 4:30. There will be lots of things for people to play. Someone is bringing poker chips for card games, a member has volunteered to bring their Nintendo Wii for some physical activity, and we will be using the bumper pool table. There will also be lots of board games. JENGA is a favorite of some members.



Everyone at the Bowling Alley,  
ready to bowl some strikes!



**BRAIN INJURY AWARENESS MONTH****Ben M., Unit Coordinator**

We were challenged by Denbigh House to get as many people wearing green together in one picture for Brain Injury Awareness Month. Members chose to, instead, wear green one day over the course of two weeks, that way we could get everyone who wanted to be in the picture, regardless of their schedule! Thanks to everyone who wore green in March for brain injury awareness!



**OT STUDENT SPOTLIGHT****Taylor, Sonali, and Holly, OT Students**

Hi! My name is Taylor and I am from Leesburg, VA. I graduated from James Madison University in 2016 with a B.S. in Health Sciences. I am a third-year graduate student at Murphy Deming College of Health Sciences (Mary Baldwin University). I am graduating this May with my Doctorate in Occupational Therapy. During my time here at the BridgeLine, I have created and implemented a new wellness program for the clubhouse members. In my free time, I like to spend time with my husband and our puppy!

My name is Sonali Kanitkar and I am a second-year master's student at James Madison University. I completed my B.S. in Kinesiology and Health Sciences in 2016 at Virginia Commonwealth University in Richmond, VA. I will graduate with my Master's in Occupational Therapy in December 2019. I'm from Herndon, VA, so I feel like I am comfortable being around in different parts of the state. Some fun facts about me are that I can shape my tongue into a clover (weird, I know), and I will never say no to cute animal pictures, especially to fluffy dog pictures.

Hello, I'm Holly. I am from Waynesboro, VA and I received a B.S. in Health Sciences at James Madison University in 2018. I am a first-year graduate student studying occupational therapy at JMU. I will graduate in December 2020 with my Master's in Occupational Therapy. I currently work at a women's boutique and in my spare time I enjoy spending time with my two dogs and going to the gym.

**Taylor****Sonali****Holly**

**WELLNESS GROUP****Taylor D., Doctoral OT Student**

This February and March, many of the clubhouse members participated in a weekly wellness group created by Taylor Deijkers, an occupational therapy student from Mary Baldwin University. The clubhouse members spent five weeks learning about healthy eating, physical activity, stress management, sleep hygiene, and social participation. Some fun wellness activities they did were making calming lavender playdough, asking each other “icebreaker” questions, doing wellness-themed word puzzles, and going for walks. Congratulations to the following clubhouse members who completed all five weeks of the wellness program: Anna, Bekah, Bob, Jason, John, Marques, Matt, Renee, Robert, and Trey!

**CLUBHOUSE BIRTHDAYS**

January	February	March
Chris W.	Scott H.	Bob H.
Jason B.	Bekah L.	Cliff S.
		Luke O.



*Bridge Line*  
*Place*  
*Member of the Month*  
*January 2019*



My name is Mary, and I am Member of the Month for the month of January. I really like keeping my mind occupied, and I usually do so by reading books or writing in my journal. I am open to new experiences, though! My favorite movie is *Michael*. I have a lot of favorite authors: David Baldacci, Danielle Steel, Patricia Cornwell, Barbara Bradford, and Janet Daily. For food, I can't get enough macaroni and cheese with extra cheese. I really like the Belmont area of Charlottesville. It is very walkable, and everything is close by.

*Bridge Line*  
*Place*  
*Member of the Month*  
*February 2019*



My name is John, and I am the Member of the Month for February. I very much like to keep busy. Monday is my favorite day of the week, because it is the start of the work week. I love to clean, play golf, and talk on the phone with my dad. I have short term memory loss, so I can't remember what my favorite movie is, but I know that I really like the song *My Girl*, by The Temptations. My favorite foods are macaroni salad, JELLO, potato salad, and Waldorf salad. I like where I am living, my room, the bathroom, the people I live with, and also where I work. In all, I like my time in Charlottesville.



*BridgeLine*  
*Place*  
*Member of the Month*  
*March 2019*



My name is Bob, and I am Member of the Month for March. I have great interest in SCUBA diving, running, reading, cycling, and playing the saxophone. I really enjoy volunteering at the Ronald McDonald House. My favorite movie is Top Gun. I have too many favorite books, but my favorite author is Diana Galbadon. I also enjoy books about Scottish history, aviation, and naval history. My favorite meal is prime rib. I really liked working as a phlebotomist at Martha Jefferson Hospital before my injury, but now I like coming to the BridgeLine!



# Proudly Presents: COMEDY NIGHT!

**Come Laugh With Us!**



## Featuring Steve Shaffer

Multiple appearances on "The Tonight Show"  
with Johnny Carson  
The CBS Morning Show  
The Montreal Comedy Festival

**Early Bird Tickets \$20**  
(\$25 at the door)

### When:

Saturday April 20<sup>th</sup>, 2019

### Time:

Doors open at 7:00pm

Show starts 7:30pm

### Where:

C'ville Coffee  
1301 Harris Street

Charlottesville, VA 22903



## Also with... Hatton Jordan

Veteran stand-up comic  
Performing in over 15 states



**Limited Seating! Reserve Early.**  
[bridgelinecomedy.eventbrite.com](http://bridgelinecomedy.eventbrite.com)



The BridgeLine thanks *C'ville Coffee* Toan Nguyen  
for his ongoing support of adults with brain injuries.

Andy & Pam Holden





# Brain Injury Support Group

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All meetings will be held on the first  
Thursday of every month.

**Where:** The IX Building, 953 2nd Street SE  
Suite #410 Charlottesville VA 22902

**Time:** 5:30pm-7:00pm

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Join us for a new brain injury support group!  
We welcome brain injury survivors, caregivers  
and immediate family. Our mission is to facilitate  
an encouraging, educational, social and  
emotionally supportive meeting. See you there!

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Email [bisgcville@gmail.com](mailto:bisgcville@gmail.com) or call 434-305-4988  
to join the mailing list or for more info!



**CONTACT INFORMATION**

**The BridgeLine  
The BridgeLine Place  
953 2nd St. SE Suite 410  
Charlottesville Va. 22902**

**Phone/FAX:** 434 220-4596  
**Email:** [thebridgelineplace@outlook.com](mailto:thebridgelineplace@outlook.com)  
**Facebook:** <https://www.facebook.com/BridgeLinePlace>  
**Website:** <http://thebridgeline.org/>

**SUPPORTING THE  
BRIDGELINE PLACE**

There are many ways you can support The BridgeLine Place to continue providing a community based clubhouse program to people living in Charlottesville, and the surrounding counties. We depend on community supporters in so many ways! All monetary donations to the clubhouse are used for program supplies, community re-entry activities, or any other suggestions you may have. Your donations are tax deductible, and can be mailed to:

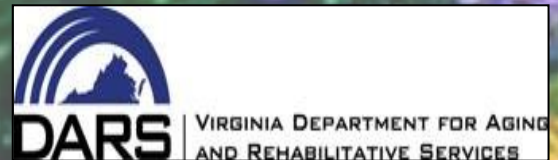
**The BridgeLine  
P.O. Box 7292  
Charlottesville, Va 22906**

**If you prefer to donate a specific item, here's our wish list:**

- Paper products—paper towels or toilet paper
- Copy paper or printer cartridges
- Gift cards for Lowe's, Food Lion, or office supply store



The BridgeLine Place is supported in part by  
Virginia State general funds administered by  
The Virginia Department of Aging and Rehabilitative Services.



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