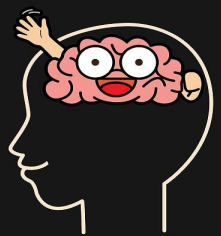


WINTER
2019



Brainwaves



BRAIN WAVES

The BridgeLine Place

PROGRAM MANAGER'S COLUMN

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The holiday season is a good time to reflect on where we have been and where we are going.

2019 was an eventful year! We benefited from a semester with a Murphy-Deming Doctoral Occupational Therapy Student. Taylor fit right into the clubhouse community. So much so, we hired her for a short period of time to help train new Unit Coordinators while she awaited graduation and an OT job. We said goodbye to both Unit Coordinators, Ben and Dave, and hello to two new Unit Coordinators, Morgan and Peter.

The three of us attended the International Brain Injury Clubhouse Alliance Conference in Virginia Beach in September and are ready to take more of an active role in the 2020 Conference in Elmhurst, Illinois.

It is now on to where we are going!

This is the time of the year that plans and preparations are being made for visiting our Delegates and Senators before the upcoming General Assembly session convening in early January 2020. Mark your calendars for Wednesday, February 5th to join staff and members at the General Assembly for Brain Injury Awareness Day. We will send out more information soon to help you to help us in the advocacy effort.

The BridgeLine has finished a three year Strategic Plan, and we have some new goals to continue to improve the quality of and access to the current programs and the potential expansion into expanded services.

Seeing our members reach new goals in the past year and set new ones for the future is what I like to reflect on the most.!

KITCHEN/MAINTENANCE UNIT UPDATE
BY: RENEE C. AND JOHN C.

The past three months has been a busy time for the Kitchen/Maintenance Unit! On the maintenance side, John continues to be our most enthusiastic cleaner. He says, "I like mopping the kitchen, and vacuuming and dusting." Special thanks to all the members who also helped with steam cleaning the rugs and relocating materials from the storage office to make room for our new case manager. We also cleaned out the garden, and put it to bed for the winter, having enjoyed lots of tomatoes, peppers, and herbs. The squash had difficulty, probably due to the limited sun available in the garden area. In the kitchen, Renee has been our most frequent Chef-of-the-Day. She says, "I LOVE being Chef! Making the food has been going very well. I've been cutting things up and mixing things on the stove. I really liked cooking the cauliflower 'mac' and cheese." We've continued making changes in the kitchen, including redesigning the grocery list form used for food shopping, and keeping the boxes of gloves easily accessible in the kitchen. While reorganizing the storage room, we rediscovered our old chest freezer, which we have cleaned and plugged in, so it's ready for use in the coming new year!

ADMINISTRATIVE UNIT UPDATE
BY: ANNA M.

Since the last newsletter we have continued to move items around the clubhouse. We have moved all of the administrative supplies into the member office and we have organized them efficiently. We have been creating new jobs to add to the administrative side as well as the kitchen/maintenance side. Our unit coordinator has been speaking with other staff about ways that we could add more advocacy into the administrative unit. We have also separated the "How to Books" and put them in their own units. We have done the same with the inventory checks.

CLUBHOUSE SOCIALS

BY: ANNA M.

For October our social was to go to Carter's Mountain Orchard. We picked apples and had a great time!



For our November social we had our annual Thanksgiving Luncheon. We had a crowd of 60+ and a ton of great food!



For our December Social we had our annual gift exchange and holiday luncheon.



BOOK REVIEW

BY: MARY L.

The title of the book is Mad River by John Sandford, published in 2013. This is a book about detective Virgil Flowers. Her partner just died. She didn't know that she was going to be able to take on the investigating of a modern day Bonnie & Clyde. They were going around and killing a lot of people. I would recommend this book. It was good. If you like mystery thrillers, this is the book for you!

Still Playing Fallout 4 but with Mods

This is a game I have already reviewed in a previous newsletter. The game no longer has the same story because some of the mods I have installed changed the original story to make it more of a RPG (role play game) than an action video game, which *Fallout 4* seemed to be taking the fallout franchise in that direction. I needed to add a mod to change the voice menu interface to be closer to fallout 3 and allow for different starts to the game.

Another set of mods I always install on any play through are Campsite mods. Campsite mods adds tents and cooking pots as well as some other camping items to build and take with you to sleep on the road. I also installed the Unofficial Fallout 4 Patch and the Cheat Terminal to allow me to spawn any missing assets due to using mods. I also felt that Power Armor was presented in a “noob” level so I downloaded the Some Assembly Required mod. With this mod you get pieces of power armor which is nice because not as many power armor frames are in the commonwealth.

I have many more installed and it would take more than a few pages to discuss them all so finally we have a more festive for the season mod which is the Christmas Update 2019. This mod adds Christmas decoration to Good neighbor and Diamond City Locations. Since I have not used it for very long it might have other surprises. Playing fallout 4 with mods makes it new again so much so that with Start Me Up mod you can have 20 or more different starts to the game allowing for a more personalized play through. I am still playing this and older fallout titles from past years.

BIRTHDAYS
BY: ANNA M.

October

Joe F. - 10/09

Robert M.— 10/28

November

Matt H.— 11/05

John C.— 11/24

Leigh W.—11/29

Morgan B.— 11/30

December

Scott E.— 12/9

Peter M.— 12/12

MEMBER SPOTLIGHT
BY: ANNA M.

Member: Anna

I have learned how to play a new song on a guitar!

Member: Trey

Trey has made the achievement of getting his career studies certificate in computer and network support technologies.



THINGS I'M THANKFUL FOR...



The clean-up group after the Thanksgiving Luncheon gathered around the “I am thankful for..” poster. Everyone who came to the Thanksgiving Luncheon wrote down things they were thankful for.

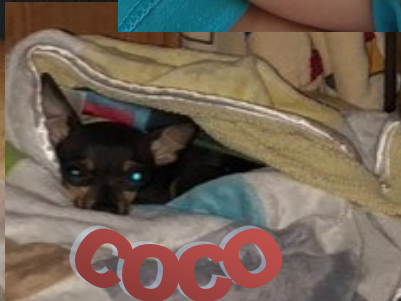
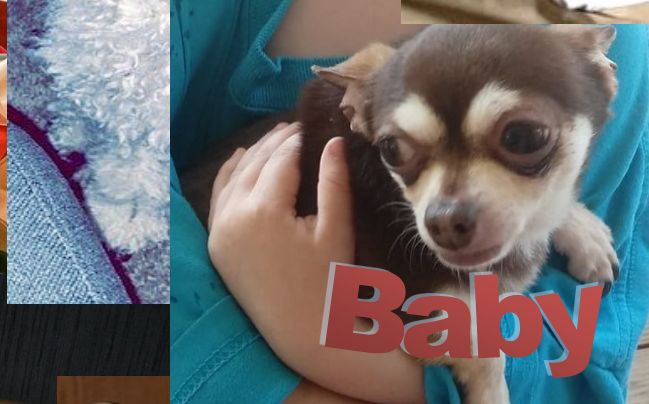
RECIPE BY: MARY L.

I learned how to Sputnik a turkey or any other bird. Sputnik only means taking the backbone out of the bird. I use this recipe when I cook a turkey.

Roasted Thanksgiving Turkey

- 1 whole turkey
- ½ cup butter
- 1 whole orange
- 2 whole rosemary sprigs fresh (leaves striped and minced)
- 1 tsp. salt
- 1 tsp black pepper

THE BRIDGELINE PLACE'S PETS
BY: WHITNEY S.





BRIDGELINE

The BridgeLine Presents:

COMEDY NIGHT! COME LAUGH WITH US!



With headliner Rahn Horton!

MAY 2ND, 2020
at FRY'S SPRING BEACH CLUB

TICKETS
on sale
NOW!

WHEN: SATURDAY MAY 2ND, 2020

TIME: DOORS OPEN AT 6:30PM

WHERE: *NEW LOCATION!*****

**COMEDY NIGHT 2020 WILL TAKE PLACE AT FRY'S SPRING BEACH CLUB, LOCATED AT
2512 JEFFERSON PARK AVE, CHARLOTTESVILLE, VA 22903.**

WHY THE CHANGE IN LOCATION YOU ASK?

**AS OUR COMEDY NIGHT CONTINUES TO GROW EACH YEAR WITH NEW FRIENDS
AND SUPPORTERS, WE HAVE FOUND THE NEED FOR A LARGER SPACE.
WE ARE SO VERY THANKFUL TO TOAN NGUYEN AT C'VILLE COFFEE FOR HOSTING
AND SUPPORTING US FOR SO MANY WONDERFUL YEARS.**

PROCEEDS WILL BENEFIT ADULTS WITH BRAIN INJURIES AT THE BRIDGELINE.

YOU CAN RSVP AND BUY TICKETS NOW ON THE FACEBOOK EVENT PAGE.

["HTTPS://WWW.FACEBOOK.COM/EVENTS/427366927931975/"](https://www.facebook.com/events/427366927931975/)



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CLUBHOUSE WISH LIST & SUPPORTING BRIDGELINE PLACE

There are many ways that you can support the BridgeLine Place to continue to provide a community based clubhouse program to people living in the Charlottesville area. We depend on community supporters in so many ways!!

All monetary donations to the clubhouse are used for program supplies, community re-entry activities of the clubhouse, or your specific designation how the funds be utilized. Your donations can be mailed to the address listed at the top of this page.

If you prefer to donate a specific item, here are some suggestions:

- **Paper products—paper towels or toilet paper**
- **Copy paper or printer cartridges**
- **Gift cards for Lowe's, Food Lion, or office supply store**
- **Non-perishable or canned items**
- **Cleaning Supplies**