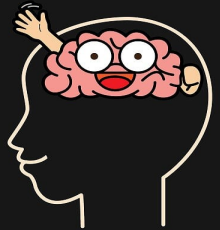


FALL
2020



Brainwaves



BRAIN WAVES

The BridgeLine Place

PROGRAM MANAGER'S COLUMN

As we move into the Fall months, the clubhouse remains in virtual mode, but it has not hindered some of the work and activity of the clubhouse.

Scroll down to the next page to read a new column on computer advice from what has been learned and how to help others master the use of technology.

Legislative advocacy has been and will continue to be a challenge in the current environment. We need all our members, staff, family members, and caregivers on board this year for letter writing because there will be no Brain Injury Awareness Day at the General Assembly in early 2021. Look for Peter's update inside on how you can help.

While our virtual services are currently free to members we need our supports to help/give through charitable donations. If you want some BridgeLine swag, click on this link until October 20 to purchase shirts and masks. <https://www.customink.com/fundraising/bridgeline-apparel> A portion of the purchase will be donated to The BridgeLine.

We are thankful that all our members and staff have remained safe and healthy during this pandemic. I am disappointed that we will have to forego our annual Thanksgiving potluck tradition this year but I look forward to a bigger and better next year!

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COMPUTER ADVICE

BY: TREY B.

While we have not been open to in person visits we have been having meetings virtually on Zoom a telecommunications platform. Some people may use Zoom with ease while others have a little or a lot of problems with it. I found some tips and tricks from youtube and my own experimentation with the application. This article would hopefully be able to give some tips and tricks for not just Zoom but other computer issues and tips for all of us. You just need a good internet connection, webcam, microphone and the Zoom application.

You can connect to a Zoom meeting with any device that has an Internet connection to the Internet; iphone[or ipad], android[phone or table], windows computer, mac computer, linux computer. It is easy to create a free account to use zoom but with the free account you are limited to 40 minutes of call time. You can join a meeting by going into the application and telling it to join a meeting and entering the meeting ID and password or just click the link in the email invite you receive. Now you are connected, let's add some tips to help when meeting for family or business meetings.

Tips are that you can turn on the setting to enter in stealth mode with your audio and video off but still be able to hear the meeting. This would help if you were having a conversation before the meeting started so you did not disturb the meeting. You can also set a picture you took with a background in the video which not all computers can do. It does use the Graphics Card you have in your computer. While you are muted you can use the spacebar to temporarily unmute yourself as long as you are holding down the space bar. I have made the mistake sometimes of being muted and only tapping the spacebar but that does not really unmute you. If you are like me and have trouble remembering peoples' names then there is a setting that will help you to identify who you are talking with, a setting under video to show the name of all participants in the meeting. This will help cut down on awkward misnaming of participants. Zoom also has a filter to make your video just a bit better by touching up the image, I am not too sure what they do but it does seem to help.

Well before my article goes on to another page I think I will need to wrap this first computer advice article.
Goodbye.



LEGISLATIVE UPDATE
BY: PETER M., UNIT COORDINATOR

Our last *Brainwaves* newsletter included pictures and information about several virtual visits from local legislators to our morning Clubhouse Zoom meetings. We continue in our effort to invite others to join us online and get to know us (and our concerns) better.

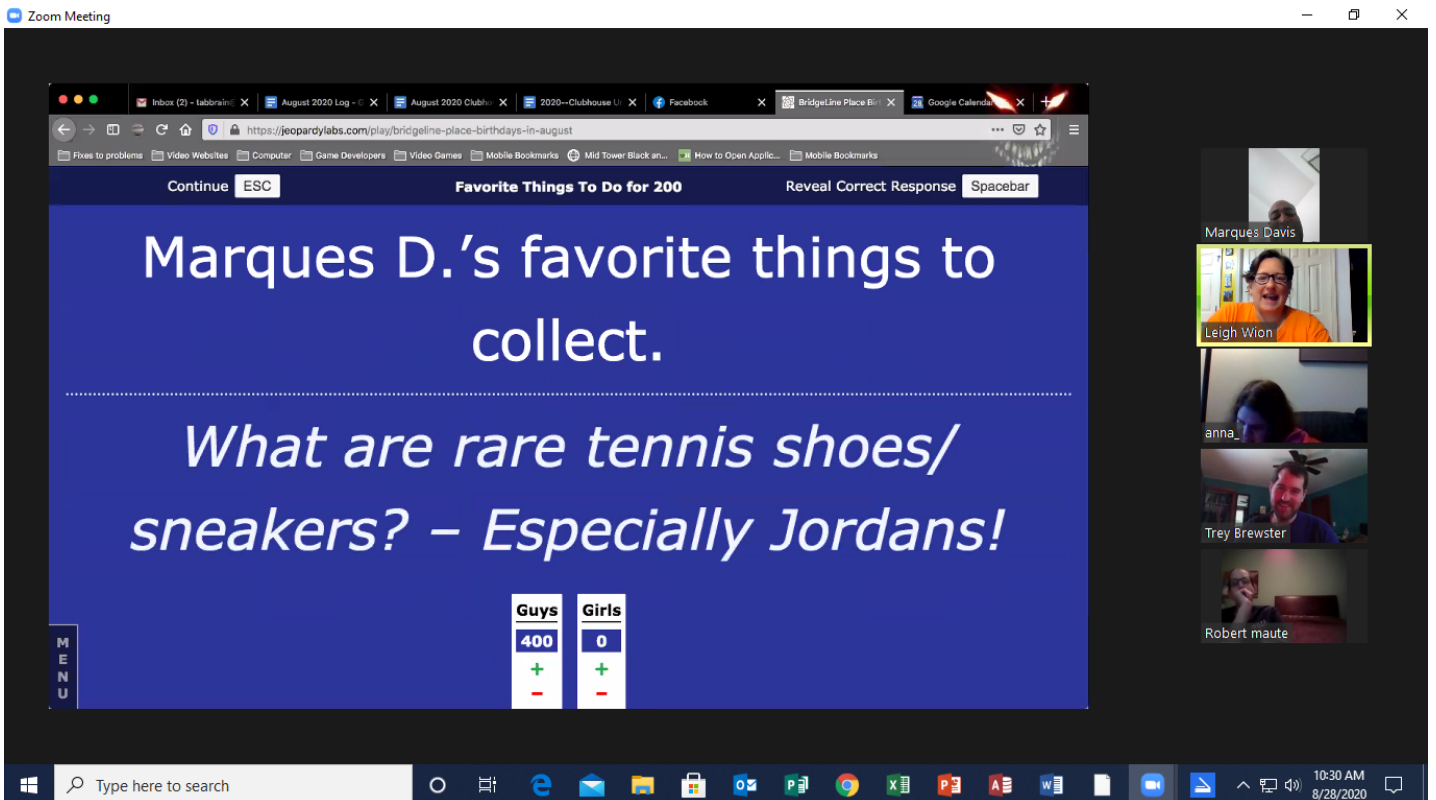
At the very beginning of this year, Governor Ralph Northam's proposed 2-year budget included an \$1M increase in funding for workforce retention in brain injury services. Due to the uncertainty about the economic impact of the pandemic, this increase was (understandably) not considered by the General Assembly. The 2020-2022 Enacted Budget in March maintained funding for brain injury services at the same level as the 2018-2020 Budget. In August, the General Assembly convened a Special Session to amend the budget, due to decreased state revenue. We are grateful that, thus far, no financial cuts to brain injury services have been proposed. **However, this could change at any time, and the Special Session isn't scheduled to adjourn until October 10th. To ensure our funding and the care for your loved one does not change, we need you –members, family, and friends– to contact your legislators and ask for their continued support with sustaining the existing level of funding in the current budget for brain injury services.** If you need help identifying and contacting your legislator, you can use the Who's My Legislator? website at <https://whosmy.viriniageneralassembly.gov/>, or speak with Peter (call 434-305-4988, or email pmichaels@thebridgeline.org).

During the first three weeks of September, Leigh and Peter spent several Wednesday afternoons on Zoom with other Virginia Injury Service Providers at the Brain Injury Association of Virginia (BIAV) Legislative Retreat. We reviewed the current needs for legislative advocacy, and have begun developing a plan for the upcoming General Assembly session in January 2021 (during which the 2020-2022 Budget will be further amended). Given the current financial reality, we will be focusing at least some of our future advocacy efforts on requests that have little or no budgetary impact.



CLUBHOUSE SOCIALS & RECREATION

Our birthday celebrations have gone virtual! Last month we had our first virtual birthday celebration on Monday August 24th at the end of our business meeting. Some people dressed up. We played a jeopardy lab game, hosted by Trey, with questions for each member and staff about the member's birthdays that were in August. It was funny guessing who was who based on the clues and answers given. We had a girls team and guys team.



BIRTHDAYS

BY: ANNA M.

September		October	November
Elliot T		Robert M.	John C.
			Leigh W.
		December	
		Peter M.	

17TH ANNUAL INTERNATIONAL BRAIN INJURY CLUBHOUSE ALLIANCE VIRTUAL CONFERENCE

We were supposed to be attending “in person” at Synapse House in Elmhurst, Illinois. The IBICA conference committee pivoted to a “virtual” format. The average attendance at the conference is about 40. At this “virtual” conference, there were 170 registered to attend and each session averaged 100 viewers! Below is a picture of the Thursday keynote presentation “Neurological Complications of COVID-19” presented by Dr. Lauren Beslow, a neurologist from Children’s Hospital of Philadelphia. The BridgeLine Place had 2 staff and 3 members attend this year’s conference and our Unit Coordinator, Peter Michaels, with Jessica Cantu from Brain Injury Network of Dallas (BIND), presented a session about the IBICA Standards.

Stroke Rates Among COVID-19 Hospitalizations (over ~1-2 months)

- ▶ 6/214 (2.8%; 5 arterial ischemic, 1 hemorrhagic) [Mao, Wuhan]
- ▶ 11/219 (5%; 10 ischemic, 1 hemorrhagic) [Li, Wuhan]
- ▶ 2/24 (8%) [Bhatraju, Seattle]
- ▶ 32/3,556 (0.9%) with radiographically-proven ischemic strokes [Yaghi, NYC]
- ▶ 86/10,596 (0.8%; 72 ischemic, 14 hemorrhagic) [Katz, NYC]
- ▶ 9/388 (2.3%) [Lodigiani, Milan]
- ▶ 28/844 (3.3%; 20 ischemic, 8 hemorrhagic) [Philadelphia, PA]

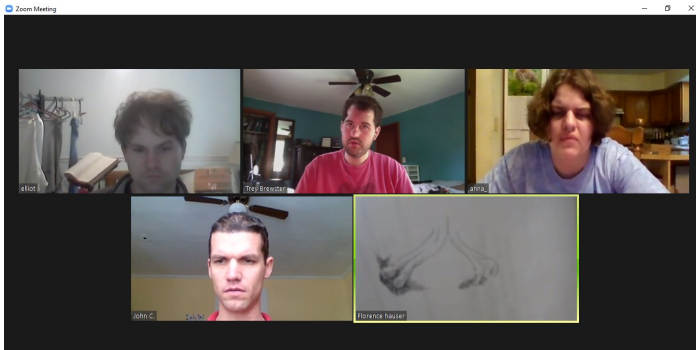
The screenshot also shows a grid of 18 participants in a virtual meeting, including names like Andrea - BIND, Trenise (Gate..., Joe Craig--T..., Pattie Zinski, Stephanie @..., Kristina At Sy..., Kyle - Beacon..., Kezia R - BIND, clifffeltzer, Michelle Gatew..., Jacquelyn Sa..., Trey-Bridgel..., Stephanie-ADAPT, Sandra Brown, and Della Frye - BIND. The Windows taskbar at the bottom shows the time as 4:31 PM on 9/10/2020.



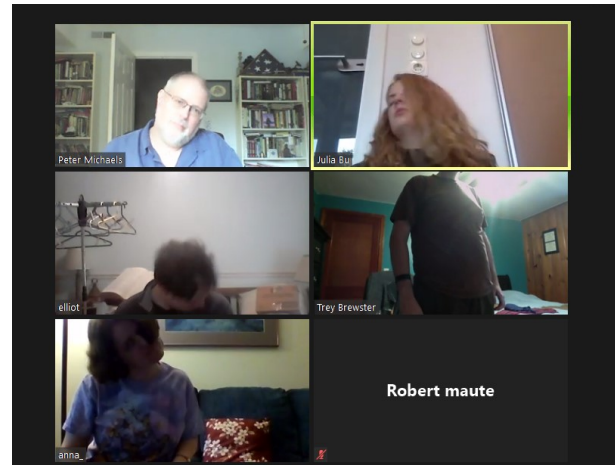
Breaking News!!

Peter Michaels was nominated and accepted the nomination to join the 2021 IBICA Conference Planning Committee and will join the IBICA Board of Directors in 2022.

ONGOING VIRTUAL CLASSES



This is second “semester” of Art Class with Florence. Florence is holding up a drawing to introduce adding “shading” and “line”.



Anna continues to lead the Friday yoga group. We had Julia joining the group from Berlin, Germany! Julia was a volunteer in our residential program and returned to Germany at the beginning of the pandemic.

LIFE AWAY FROM THE CLUBHOUSE BY: JOHN C.

This summer I’ve done certain task and had nice days. However, much to my dismay I have had one main, unhealthy default such as seizures. I am enjoying my time at BELMONT!!! Especially with Stuart cause he is quite the energetic friend that keeps my attention. I eat delicious meals every day. I like for everyone to never encounter an unfortunate obstacle! I want for each of you to have a HAPPY HEALTHY DAY! Please live with happiness , and never forget the time you have at Belmont! Also, don’t forget the special memories you have from Belmont.

BOOK REVIEW BY: MARY L.

This will be my book review on Cold Mountain. First of all it is about the Civil War. Which really got my attention, and I am really glad I Started reading that book, because it really keep my interest. It was an extremely well written book. I would definitely recommend it!!

IT'S NOT OUR CLUBHOUSE GARDEN, BUT HERE ARE SOME PHOTOS OF WHAT'S GROWING IN THE GARDENS OF OUR MEMBERS AND STAFF



The pictures on the left is the okra and catnip taken in June. The picture on the right is the one that was taken in September. I finished the rock wall and the okra are as tall as me!



These pictures are from Anna's garden. Pansies for the window boxes and a beautiful rose!



BEFORE



The clubhouse courtyard garden got a little out of control over the summer. Staff went in one afternoon when it wasn't as hot and got it back until control!

AFTER



The BridgeLine reminds you that

October

is

National Disability Employment Awareness Month!



**INCREASING
ACCESS AND
OPPORTUNITY**

Celebrating 30 years of the
Americans with Disabilities Act

30TH ADA 75TH NDEAM
ANNIVERSARY ANNIVERSARY

National Disability Employment Awareness Month
#ADA30 | #NDEAM75 | dol.gov/odep

 OFFICE OF DISABILITY EMPLOYMENT POLICY
UNITED STATES DEPARTMENT OF LABOR

UVA SPORTS UPDATE

BY: JASON B.

In a sports article about UVA student athletes by Amanda Williams dated September 21, 2020, I read that in the previous week 22 additional athletes had tested positive for Covid-19 but none of these athletes were on the football team. When the article was written 703 Covid-19 test had been given to the athletes and staff over a period of seven days. Out of the 703 tested, 22 tested positive. Student athlete testing started in July resulting in 3,805 test being given and having 42 with positive results. All positive test results were reported to Thomas Jefferson Health District of the Virginia Department of Health. Those that tested positive self isolated for at least 10 days and those that they had come in contact with were to self isolate as well.



HOW TO CONTACT THE CLUBHOUSE!

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Phone: 434-220-4596

E-Mail: thebridgelineplace@outlook.com

Click on the links below to follow us on Social Media!

Website: <https://www.thebridgeline.org/>



Facebook: <https://www.facebook.com/BridgeLineCville> and <https://www.facebook.com/BridgeLinePlace>



Twitter: <https://twitter.com/TheBridgeLine>



Instagram: https://www.instagram.com/the_bridgeline/



YouTube: <https://www.youtube.com/user/buildingbridgescvill>

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 especially now during these unprecedented times of the COVID-19 Pandemic!

All monetary donations to the clubhouse are used for program supplies, 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
- Single use masks
- CDC approved hand sanitizer and soap
- Cleaning supplies