

Brainwaves

The BridgeLine Place



Program Administrator's Column By: Leigh Wion., Program Administrator

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Not sure, but I think as of now, Spring is back! I am getting excited about spring gardening plans at the clubhouse and having outdoor clubhouse social activities before it gets too hot.

My excitement is up because our CARF re-accreditation survey has been completed and now we are awaiting our accreditation report. Thank you to all the individuals we serve and those that support them in our programs for their participation in the preparation and virtual interviews. We anticipate being awarded another 3-year accreditation.

The clubhouse kitchen unit has re-opened and has begun serving lunch. A simple, cold lunch is served on Tuesday, Wednesday, and Friday for now. The kitchen has been closed for almost 2 years so will take some time to re-establish our food preparation and serving work.

We've been lucky that a couple of the kale plants overwintered in our courtyard garden. We have already picked once and will soon need to pick again. Now that the weather is hopefully going to stay nice, we will need to get all the other raised beds ready to plant herbs and vegetables that we can use in our meal preparation.

Our intern student from Murphy Deming, Leisha, recently finished her fieldwork placement and a capstone project. Her project was to enhance our virtual activities. She also left us with a "how to" manual as a reference guide to both the virtual activities and for in-person activities that focus on the areas that members, staff, and caregivers decided were important to include. We celebrated her last day with some flowers, a picture, and an order of honey habanero wings. We will miss having internship students. The next internship students do not arrive until October.

Wishing all a very Happy Spring!



Unit Updates

Administrative Unit

By: La'Shay D., Administrative Unit Coordinator

The Administrative Unit was able to start this year off by upgrading all of the clubhouse computers to Windows 10, hopefully, with the much-needed software upgrade, the computers will run much smoother. Over the past few months, we were grateful to get the help of Leisha, to help introduce new activities to our virtual services, while Leisha has left us we look forward to continuing many of the virtual activities here at the clubhouse.



Kitchen/Maintenance Unit

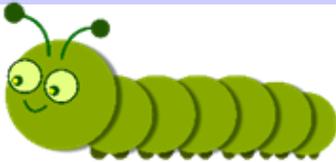
By: Peter M., Lead Unit Coordinator

The BridgeLine Place kitchen reopened to making meals on Tuesday March 22st! In order to get used to ServSafe kitchen protocols again, we started by making only foods that did not require cooking like sandwiches and salads. We began making some basic oven-cooked food mid-April, with Bekah L., Renee C., and John C. getting back to cooking. All are looking forward to the Kitchen Unit using both the stove and oven, which will happen April 19th. Trey B. and John C. assembled a new broom and dustpan together, which John put to immediate use, and Mike H. helped with doing dishes after lunch. Jason B. helps us keep the computer screens and keyboards clean, and JJ is a master of disinfecting all handled surfaces! John C. has also been busy weeding and preparing our garden beds, but we have not yet planted anything. In our Dodge Van, we have installed an emergency escape tool (to break windows and cut seat belts, if needed). We also have a new battery organizer case (with built-in battery tester).



Birthdays

By: Anna M.

January	February	March
Chris W.—26th	Scott H.—10th	DJ E.—4th
Jason B.—31st	Bekah L.—24th	Cliff S.—16th
		Luke O.—17th
		JJ—18th

Member Anniversary Spotlight

JJ has been a member of the Clubhouse since March of 2011 and says that his favorite thing about the clubhouse is that it gives him something to do during the day besides sitting at home. Working is his favorite thing to do at the clubhouse and he enjoys cleaning the bathrooms. When not at the clubhouse JJ will be home watching tv, typically *The Steve Harvey Show*. When asked JJ says that he would describe himself as easy and kind. His favorite socials are any that involve food and while he has learned a lot while being here the thing he remembers most is the importance of being on time.

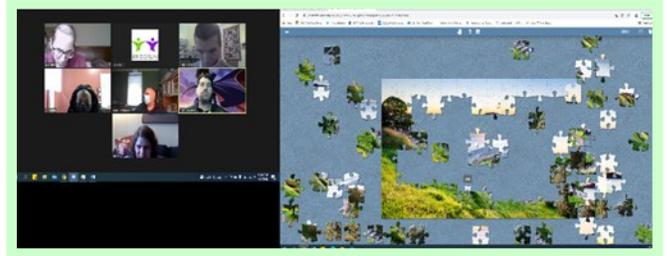


Clubhouse Socials

By: Anna M.

January:

The BridgeLine had a Virtual Puzzle social on Friday, January 28th, after the business meeting, at 10:30 in the morning. The BridgeLine selected a puzzle to do on a website that we could all do virtually. We shared our computer screens and took turns putting pieces together. I liked that idea but it would have been nice had a person's name been highlighted or called out so we knew who's turn it was to put a piece into the slot.

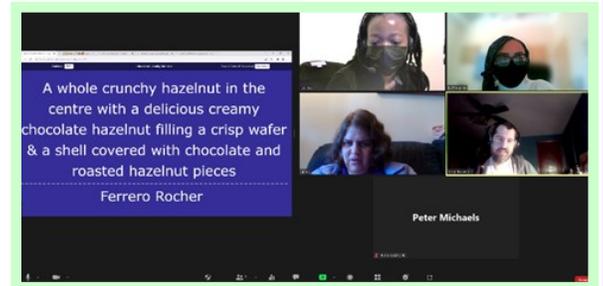


February:

In February, The BridgeLine had two socials. Wednesday, February 23rd from 11:00 AM-1:00 PM, members and staff gathered at Kardinal Hall for lunch and Bocce Ball. Everyone who attended had a great time.



Then, again, on Friday, February 25th, after the morning business meeting, we had Jeopardy Lab games on zoom for people to join, as another option if they could not attend Wednesday's event or wanted to have more fun! I thought it was funny to learn so many fun facts about Chocolate, my favorite dessert!



March:

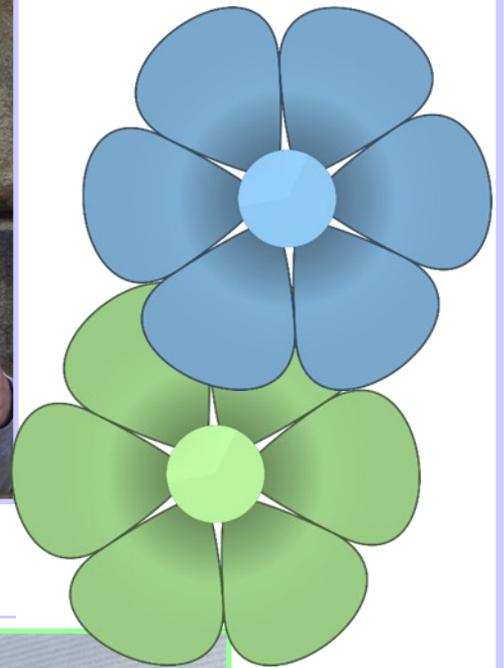
In March we had an ice cream social at the clubhouse and also set up a zoom meeting so that members at home could also join the social.

Brain Injury Awareness Month

March is Brain Injury Awareness Month. This year the Brain Injury Association of America and the Brain Injury Association of Virginia created a campaign "More than My Brain Injury" designed to help individuals, family members, and caretakers of brain injury share their stories and personal experiences to highlight that while many individuals have brain injuries and may have a lot of similarities no two cases are alike. The campaign was also a useful way for individuals who may not be affected by brain injury daily to educate themselves and understand that individuals with brain injuries may have a brain injury but that they are so much more than that.



John C.'s contribution the More than My Brain Injury



JJ enjoying the video contributions to the More than My Brain Injury Campaign from other Clubhouses.

Intern Spotlight



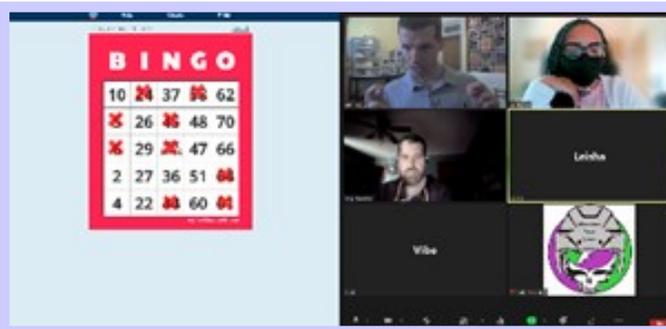
Hello! My name is Leisha and I am originally from McCormick, South Carolina. I moved to Staunton, Virginia in 2019 to start my journey of becoming a Doctor of Occupational Therapy at Murphy Deming College of Health Sciences (Mary Baldwin University). I am currently a third-year Occupational Therapy student and I will be graduating this year in May. I have had the pleasure of spending the last few months at The BridgeLine to help enhance virtual services by adding fun new activities and ice breakers to be enjoyed by the members. During my free time, I enjoy cooking, reading a good book, and spending time with my friends and family.



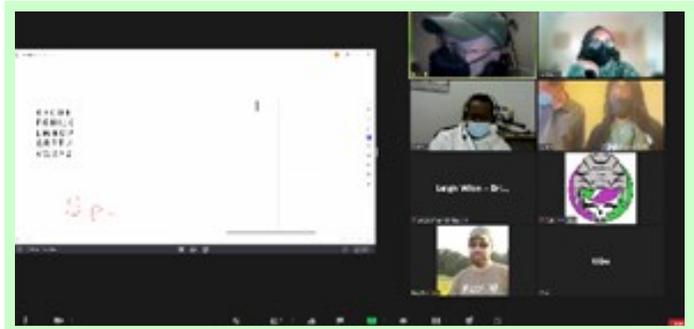
Virtual Services Updates

By: Anna M. & La'Shay D.

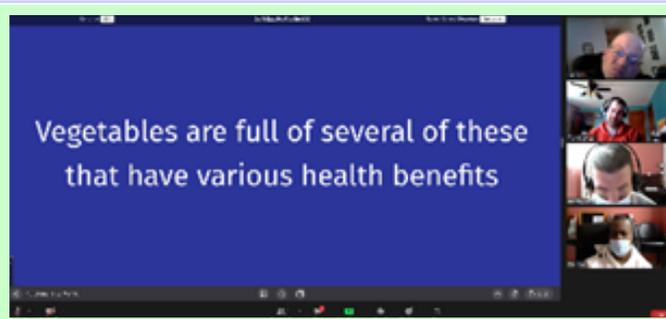
Thanks to some help from our Occupational Therapy Intern, Leisha, we were able to implement some new activities as well as reintroduce a couple of favorites from when we were completely virtual on Thursdays to break up our meetings so we can have fun hanging out with people, and get to know each other better. We also were able to implement ice breakers, daily, during our morning meetings as well as at lunch. Some of the activities are fun to do.



Virtual Bingo



Hangman



Jeopardy



Family Feud



March Madness

The BridgeLine Brackets



It's that time of year again, March Madness, and the tradition lives on! Members and Staff were able to create both paper and electronic brackets. The electronic brackets proved helpful with tallying the final results and determining a winner. The winner, in the end, was John C. but all participants still had a great time!

RANK	BRACKET, OWNER	R64	R32	S16	E8	F4	NCG	CHAMPION	TOTAL	PC1
1	John C., La'Shay D.	240	160	120	160	160	0	Duke	840	89.7
2	Mike H., La'Shay D.	220	160	80	160	160	0	North Carolina	780	87.2
3	Jason B., La'Shay D.	250	220	120	80	0	0	Arizona	670	78.3
4	La'Shay D., La'Shay D.	150	160	40	0	0	0	Arizona	350	8.9
1	LAWion, LAWion	220	200	120	80	0	0	Gonzaga	620	71.9
2	KennHowe 1, KennHowe	230	200	40	80	0	0	Gonzaga	550	56.5
3	KennHowe 3, KennHowe	220	220	0	0	0	0	Auburn	440	27.7

Why I Get Excited About March Madness

By: John C.

The Month of March ends the college Basketball season. In the month of March, college basketball teams strive to play extremely well and win their conference tournament. Teams would also like to play extremely well to win the national championship game that they're in. In the past, I grew up watching college basketball with my mom and dad after dinner. I especially watched ACC college basketball because they play true basketball. Players pass more than pros. March is just an action-packed month on the T.V. with college basketball.



Spring Health and Safety Tips

Move More, Sit Less

- ◇ Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods

- ◇ Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Tip:

Make half your plate fruits and vegetables and half your grains whole grains.

Choose Your Drinks Wisely

- ◇ Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

- ◇ Adults need at least 7 hours of sleep per night.

Be Sun Safe

- ◇ Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses, and use a broad-spectrum sunscreen with at least SPF 15.

Tip:

Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth

- ◇ Brush twice a day with fluoride toothpaste.

Don't Use Tobacco

- ◇ Call 1-800-QUIT-NOW (1-800-784-8669) or visit Quit Now Virginia to connect with a Quit Coach for free support to quit smoking.

Learn Your Health History

- ◇ Talk to your family and your doctor about your family health history.



May Awareness

National Brain Cancer Awareness Month



National Brain Tumor Awareness Month

- ◇ An estimated 700,000 Americans are living with a primary brain tumor.
- ◇ An estimated 88,970 people will receive a primary brain tumor diagnosis in 2022.
- ◇ The five-year relative survival rate for all malignant brain tumor patients is only 35.6%.
- ◇ An estimated 18,200 people will die from a malignant brain tumor in 2022.
- ◇ Pediatric brain tumors are the leading cause of cancer-related death among children and adolescents ages 19 and younger.



National Stroke Awareness Month

Acting F.A.S.T. is key to stroke survival.

-  **Face:** Does one side of the face droop when smiling?
-  **Arms:** Does one arm drift downward when both arms are raised?
-  **Speech:** Is speech slurred or strange when repeating a simple phrase?
-  **Time:** If you see any of these signs, call 9-1-1 right away.



National Mental Health Awareness Month



1 in 20 adults in the United States experiences a serious mental illness every year.



nami.org/mentalhealthmonth

Contact Information

The BridgeLine Place Address:

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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/buildingbridgesville>

Clubhouse Wish list & Supporting The 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!

Monetary donations to the clubhouse are used for program supplies, activities of the clubhouse, or your specific designation how the funds be utilized. Donations can be made online at <https://www.thebridgeline.org/support/>. If you would like to send a check, please make it out to **The BridgeLine** and mail it to

The BridgeLine
P.O. Box 7292
Charlottesville, VA 22906

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

