



Brainwaves

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

This is a summer of some LASTs for me.

LAST move. This will be the 6th and LAST time I move a program and offices. (I also helped move the UVA Adult Rehab program 3 times while I worked at UVA). I have enjoyed the 8 years we have operated the clubhouse and BridgeLine offices from The IX Complex, but the space got too expensive. We are in the process of discarding, recycling, donating, and packing for a move in mid-August to our new location at 315 Winding River Lane. I think I have my office down to a box and a filing cabinet. One bright spot of a global pandemic is that I took as much advantage as I could of learning new technology to keep documents electronically where previously I had a folder in a filing cabinet.

LAST set of separate directions telling people to look for the upside down naked man statue and not GPS directions on how to find our suite in The IX Complex.

LAST stop. We will be at 315 Winding River Lane until I retire. We are excited about our new location and to configure the space that will function the way we want the program to function, not fitting the program into a space and making it work. We have plenty of parking, plenty of outdoor space for gardening and outdoor activities. We are a short walk to a walking trail along the Rivanna River. No more asking to close off a portion of the IX Parking Lot to play pickleball when now we have access to the pickleball courts at Darden Towe Park. In the future, I envision an accessible covered area for social gatherings.

PS: If anyone is interested there is some furniture that has followed us from the days of The John Jane Brain Injury Center or Virginia NeuroCare, give me a call. I have a table from the basement of 401 E. High St. that was refinished by the clubhouse members and was our first worktable. I have the small wooden secretary that was the "front desk" of Jane's Attic bookstore. I even have the big heavy honker of a wooden desk that was my first desk 22 years ago.

Administrative Unit Update

By: La'Shay D., Administrative Unit Coordinator

The Administrative Unit has continued to keep up their hard work here in the clubhouse. Members continue to ensure all files are accurately maintained and attendance date is correctly imputed into BI First. Over the past few months, members have really stepped up to assist in our unit due to some absences on my part through creating our morning meeting PowerPoint slides as well as ensuring all computers remain updated and checked for viruses. Members also continue to get acclimated with the Vibe Smart Board through running our daily morning meetings as well as playing around with the board to see all that it may be able to do outside of our daily meetings.



As we continue to prepare for our big move the Administrative Unit continues to be involved in organizing and updating our inventory.

Kitchen/Maintenance Unit Update

By: John C. & Peter M., Lead Unit Coordinator

"I really enjoy working with Peter to cook delicious lunches in the kitchen. He always advises me on what I need to do next to make a good and healthy meal. I also really enjoy my favorite task: cleaning and mopping the bathrooms! It's great to be doing work at the Clubhouse, where all my fellow members communicate well and are patient with me when I forget things." – John C.



With the help of all the Clubhouse members, The BridgeLine Place kitchen unit keeps on cookin', and the maintenance unit keeps on cleanin'! While we were roasting and frying foods for meals in April and May, with the summer heat we are mostly back to minimally-cooked meals (cold soups, salads, sandwiches, etc.). Just recently, we got a new piece of technology for the kitchen: an Aeroglove touchless glove dispenser (with biodegradable gloves)! We look forward to trying it, once we have a chance to set it up. In the garden, we are working to keep all the plants watered, and just harvested our first jalapeno pepper today (which Trey B. plans to add to his cold green pea soup at lunch). In the maintenance unit, Jason B. continues to keep the computer screens and keyboards well cleaned, and JJ continues to keep all handled surfaces disinfected. Besides his administration unit tasks, Trey B. also helps with regularly checking that our bathrooms stay clean and well stocked. Lately Robert M. has been working diligently to shed several file drawers worth of old paper files, while Mike H. and Trey B. recently completed our monthly Safety Check. Mike H. also helped replace one of the 4' fluorescent bulbs in the Meeting Room. Besides the regular cleaning tasks (dusting, vacuuming, moping, etc.) John C. enjoys he has also recently assisted with taking our recycling to the McIntire Recycling Center, and taking a road trip to Madison to pick up some items generously donated to The BridgeLine from Plow & Hearth (which is discussed more in another part of this newsletter.)

Clubhouse Birthdays

By: Anna M.



April

4/19 Mary L.

May

5/25 Renee C.

June

6/7 Michael M.



Clubhouse Socials

By: Anna M.

The April social was held at the BridgeLine Place on Tuesday April 26th, at IX Park. The members and staff had turkey burgers lunch at the picnic tables at IX Park and played Pickleball, with portable nets set up by my dad, Warren McIvor, who taught some of the members how to play the game. We all had a lot of fun.



May's social was held at the BridgeLine on Tuesday May 24th, 12:00-2:00. It was a cookout style lunch, held indoors due to the rainy forecast. We had turkey burgers and homemade popsicles from La Flor Michoacana.

The next social coming up this month is planned for Friday June 24th 12:00-2:00 or 2:30. We will have it at the BridgeLine. There will be lunch served at the Clubhouse. The menu is yet to be decided. We will be watching a documentary film by the Beatles called the Get Back. More details coming soon.

Member Anniversary Spotlight

By: John C.

Congratulations Jason B. on being a member of the clubhouse for over 15 years! Jason started at the clubhouse in June of 2004 and has been a consistent member ever since. Jason stated that his favorite thing about the clubhouse is the independence he has. While here his favorite thing to do is interact with his fellow members and staff and on the days that he isn't in the clubhouse he enjoys hanging out at home watching Netflix. Jason says that his favorite social so far has been apple picking and he would like to do that again. When asked what is something he has learned from the clubhouse Jason stated patience. We are so happy that Jason has continued to come to and be a member of our clubhouse because we would certainly miss his infectious laugh!



Virginia Sports Update

By: Jason B.

Everything was going well for the Virginia baseball team. Until they met up with the Coastal Carolina Chanticleers and East Carolina Pirates. They did win one game against Coastal Carolina but they lost two, one against East Carolina and one against Coastal Carolina, and it was the best out of three for a chance to go back to the College World Series in Omaha.



Juneteenth History

This year The BridgeLine Place Clubhouse closed early on Monday, June 20th in observance of Juneteenth. Juneteenth, which marks the end of slavery in the U.S. and commemorates African-American freedom, is observed on June 19. Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago, on June 19, 1865, to inform slaves that slavery had been abolished due to the proclamation by President Abraham Lincoln issued on January 1, 1863. For many Juneteenth may be an unknown holiday because it only became a federally recognized holiday in 2021 making it the first new federal holiday since Martin Luther King Jr. Day in 1983, Juneteenth, however, has been celebrated for many years in various states with Texas being the first state to recognize it in 1980. Over the years many other states began recognizing Juneteenth although Texas was still the only state to make the holiday a paid holiday for state employees until 2020. Virginia began recognizing Juneteenth as a paid holiday for state employees in 2020 through an executive order before the legislation was approved later that year.



Earth Day

This year's theme for Earth Day was *Invest in Our Planet* focusing on accelerating solutions to combat our greatest threat, climate change, and to activate everyone – governments, citizens, and businesses – to do their part. Everyone accounted for, and everyone accountable.

Here at The BridgeLine, we work hard every day to be conscious of the impact our lives may have on our planet. With just a few simple changes we are able to help the larger issue of climate change. Here are some ways you too may be able to help.

Follow the 3 R's.

Look for ways you can Reduce, Reuse and Recycle in your home.

Act local.

Get involved in environmental work in your local community.

Turn off the tap.

When brushing your teeth, washing dishes, or taking a shower, turn off the water when it's not needed.

Buy local.

Buying local produce and other items reduces shipping distances from food sourced overseas, and supports local businesses and communities.

Replace your bulbs.

Compact fluorescent light bulbs (CFLs) and LED bulbs may cost more, but will save money over the long run, last longer, and use up to 90 percent less energy.

Conserve energy at home.

From turning off lights and electronics when not in use, to using a programmable thermostat, there are many small things you can do to save energy and reduce greenhouse gas emissions, while saving money on your utility bills.



Give your car a break.

Walk, ride a bike, carpool or take public transportation. You'll save money, reduce greenhouse gas emissions, and get more exercise.

Bring your own bags to the store.

Use a backpack or bag from home, or buy reusable bags that you can keep in your car and use again and again.

Reduce paper waste & junk mail.

Think twice before printing. Try using online payments that avoid paper bills and utilizing services that will remove your name from unwanted mailing lists to reduce junk mail.

Recycle your electronics.

Your old, unused or broken computers, devices and other electronics can often be recycled for free by stores, manufacturers and local governments, which saves natural resources while also reducing pollution.

International Brain Injury Clubhouse Alliance (IBICA) Update

Our IBICA Executive Director, Cindy Johnson, has been busy developing a regular “IBICA Chat” series of zoom presentation and discussions. In March, we joined the “Work Units Unite!” chat, with presentations by Synapse House (in Elmhurst, IL) and Side by Side Clubhouse (in Stone Mountain, GA). In June, the “Employment Programs at Clubhouse” chat included presentations by both Mill House (in Richmond, VA) and Gateway House (in Raleigh, NC). We are looking forward to the “Features of IBICA Clubhouses” chat, focusing on the IBICA Clubhouse Profile Questionnaire (CPQ) with Cr. Colleen McKay (Director of the Program for Clubhouse Research at the University of Mass Medical School), in August.

On Thursday, September 8th and Friday, September 9th, The BridgeLine Place Clubhouse will attend the 2022 19th Annual IBICA (Virtual) Conference. Peter M. helped to plan this conference as Chair of the IBICA Conference Planning Committee. This conference will include both guest speakers and breakout presentations by various clubhouses. On Friday morning, Jennifer Higginbotham, a faculty member at Clubhouse International, will share her findings from guiding two IBICA Clubhouses through a mock Clubhouse accreditation survey. On Friday afternoon, Dr. Leonard Kamen, a practicing psychiatrist and the Clinical Director of outpatient centers at MossRehab in PA, will present on Medical Marijuana and Brain Injury.

Virginia Legislative Update

(details per BIAV's 6/21/22 Press Release)

During the legislative session this year, The BridgeLine joined with the Brain Injury Association of Virginia (BIAV) and other brain injury organizations in advocating for multiple budget amendments, including funding for Brain injury case management services in low- or un-funded areas and waiver expansion.

In June, Governor Youngkin signed the 2022-2024 budget for Virginia, which will significantly increase access to services for persons with brain injury, especially in rural areas of the state. Community based support services, including targeted Medicaid case management, received \$2.3 million in new funding.

This budget also requires the Department of Medical Assistance Services (DMAS) to conduct a study to further expand community-based services, as well as develop a neuro-science unit to support individuals with neurobehavioral disorders. Neurobehavioral disorders are a group of conditions associated with brain injuries or diseases, such as dementia, that significantly affect a person's behaviors, emotions, and learning processes. Confusion, aggression, and safety concerns can make it difficult to find suitable institutional placements for these individuals. This study would investigate ways to fund appropriate facility and community based care.

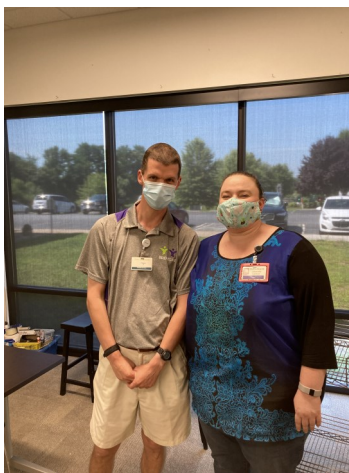
The BridgeLine is already preparing for the next legislative session; in July Leigh W. and Daniela P. will be attending the Brain Injury Legislative Planning Retreat in Richmond.

Congratulations to our local BIAV Honor Award recipients!

The Brain Injury Association of Virginia (BIAV) held its Annual Legacy Celebration on June 25th at the Lewis Ginter Botanical Gardens, to honor advocates and trailblazers changing lives of people in the Commonwealth's brain injury community, with Leigh W. in attendance representing The BridgeLine. Senator Emmett Hanger Jr. (whose district includes the counties of Greene and Madison) received the **Legislator of the Year Award**, while Dr. Jeffrey Barth (Founder of the UVA Brain Injury and Sports Concussion Institute and precious BridgeLine Board president) received the **Legacy Award**.

The BridgeLine is *so very thankful* for the generous donations from Plow & Hearth and the kind efforts of Shannon Lauritzen!

Plow & Hearth truly are "People with Heart!" Via their "Gifts that Give Back" program, Plow & Hearth and our local community (through their purchases) made an over \$2,000 financial donation to The BridgeLine. In addition, with the thoughtful support of Executive Assistant Shannon Lauritzen, multiple items from their store (with a retail value of over \$1,500) were donated for both The BridgeLine Place Clubhouse and The BridgeLine residential houses.



Looking ahead to September

IBICA Conference

The 2022 19th Annual IBICA Conference will be held virtually again this year. The Conference will be held on **Thursday, September 8th** and **Friday, September 9th**.



National Recovery Month

National Recovery Month is a national observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

If you or someone you know is struggling please call **1-800-662-HELP (4357)**. The Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.



National Suicide Prevention Month

- 78% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10–34 and the 10th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.
- While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% experienced symptoms.

If you or someone you know is struggling please call **988**. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



Contact Information

The BridgeLine Place Address:

953 2nd St. SE, Suite 410
Charlottesville, VA 22902

The BridgeLine Mailing Address:

P.O. Box 7292
Charlottesville, VA 22906

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/buildingbridgesville>

Clubhouse Wish list & Supporting The BridgeLine Place

We depend on generous supporters like you in so many ways, especially during these continued, unprecedented times of the COVID-19 Pandemic. There are many ways you can support the BridgeLine Place (one of 4 BridgeLine programs) to continue providing services to people living with Brain Injuries in the Greater Charlottesville Community:

Monetary 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

