

VOLUME 2 ISSUE: APRIL, MAY, JUNE

Newsletter Date

Volume 2

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1ST ANNUAL SUMMER KICKOFF

The Westwood Clubhouse had it's first annual summer kickoff, celebrating Brain Injury Services 20 years of service in the community. It was well received, members from the Adapt Clubhouse attended and other members from the Community. We had exhibitors on hand for community education. The exhibitors included Department of Rehab Services, Virginia Housing Coalitaton, Rappahannock Domestic Abuse and Sexual Assault, Brain Injury Association of Virginia, Mary Washington Day Rehab, Stafford County Parks and Rec. and the Salem Church Fire and Rescue Squad. The Clubhouse would like to thank everyone that participated and attended this event. It was a great success and we had great fun for the day. The Clubhouse grilled hamburgers, hot dogs, had pasta salad, cole slaw, chips, baked beans, potato salad and brownies. Everyone enjoyed the company and good educational information.





BAKE SALE AT UKROP'S

On May 6, 2009 The WESTWOOD CLUBHOUSE held its first annual bake sale at UKROP's, from 10:00-2:00 P.M.

Cathy, Margy, Dominique, Bill, Ney, Anita, Jerry and Zach attended a bake sale at Ukrop's. We were able to sell a lot of items, but not everything.

We sold cookies 3 for a \$1, fudge 2 for a \$1, bottled water for a \$1. We had German Chocolate, Peanut Butter, and Cherry Blossom fudge. Key lime cookies, sugar free Oatmeal, and CHOCOLATE CHIP. Also we'd offered bottled water for a \$1.



Stroke Awareness Month in May

The Staff attended Health South's second annual Stroke Awareness event for the month of May, since it was stroke awareness month. It was a good turn out and we would like to thank Health South for inviting us to their facility. Followed is a list of some warning signs to be aware of in the event of a stroke.

Stroke Warning Signs:

- Numbness or weakness particularly on the side of the body.
- Showing signs speech problems or comprehension.
- Trouble seeing in one eye or both.
- Trouble walking balance or coordination, dizziness.
- Sudden severe headache with no known cause

Be prepared for an emergency

1. Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
2. Find-out which area hospitals are emergency health problems with a primary stroke center that have 24-hour emergency stroke care.
3. Know (in Advance) which hospital or medical facility is nearest your home or office Take action in an emergency

Not all the warning signs occur in every stroke.

Don't ignore signs of stroke, even if they go away.

Check the time. When did the first warning sign or symptom start? You will be asked this important question later.

MEET HALENA

Hello my name is Halena R. I acquired my brain injury when I was a baby, because something was squishing my brain. I live in Stafford in Aqua Harbor. I am from a military family. We move a lot, because of my father's job. I am staying here for now until my sister goes to college. I have 4 sisters 3 of them live in Maryland and 1 lives with me, 1 brother plus I also have a half sister. I also have grandparents that live in Pennsylvania. I love animals; I have a cross-breed dog named Coco and domestic short hair cat named Sandy. I use to have another dog she was a also a cross-breed just like Coco, she was little bigger than him and her name was Ruby and Coco liked Ruby a lot she pulled a lot on walks. I use to work at IHOP. I ride horses I also work at B&R ranch where I work with horses. I Begin to stand up on a horse. My holiday is Christmas. I attend high school which is North Stafford High school home of the Wolverines. I am in 10th grader. I will graduate high school in 2014. Social Studies is my favorite subject in school. I went camping for 1 week, and planning to go back to camp for 2 weeks and won't sign up until February next year. we stayed in cabins. I also attended Camp Bruce McCoy located in Chesapeake Bay. I had tons of friends at camp but I have a best friend is named Joe H. from camp, he knows everything. Where I did a couple of things like high ropes, arts & crafts, karaoke, tie dye, fishing, cannoning, kickball, and at the end of the day I did a bonfire and had s'mores. I had fun there. I like to swim. I also like to dance and sing. Acting is also my favorite hobby. I collect stuff animals but I have 2 favorite's polar bear cub named Artie and beautiful horse named autumn breeze. I Love to skate. And I'm begin to skate by myself sometimes. I am teaching Spanish. I know almost all the words in Spanish. I know some big words too and I watch a T.V. show called Martha Speaks. I watch a math show called Cyber Chase. it's like The Book Of Virtues but different they don't jump in a book they go through a cave they jump into a book. It's a new show on T.V. It is called Animalia. Not only I travel I also go to the theme parks too like Kings Dominion and Bush Gardens.

**HAPPY BELATED BIRTHDAY TO THE FOLLOWING**

Happy Belated Birthday

Margy R 4/30

Chip S 5/10

Jerry C 5/14

Bill H. 5/24



MEET BILL

LUTHER WILLIAM HARPER JR, "Bill" born on May 24th, 1960 in Alexandria VA, I have a sister & brother, I am the middle child. I graduated in 1978 from Robert E Lee High School in Springfield VA. I graduated from The Joint School of Carpentry in 1983 in MD and became a member of The United Brotherhood of Carpenters and Joiners of America which I am still member of the union. In 1987 I married my wife Pam. My son Brain is 18 years old born on April 15th & my daughter Emily is 5 years old born Dec. 29th. I also have 2 dogs a Rottweiler and a mix breed. In October 24th, 2005 I suffered a stroke while driving on 295 hwy. I have lived in Springfield, Lorton, and Woodbridge & currently reside in Stafford VA. On June 13th, 2009 Brian, my son, graduated from Colonial Forge High School in Stafford and Emily will start her 1st grade class on September 5th, 2009 at Anthony Burns Elementary School. I taught school at Potomac Job Corp Center for Carpentry, for 10 years from 1995 till I suffered my stroke in 2005

FOSTER'S GRILLE FUNDRAISER

The Westwood Clubhouse partnered with Foster's Grille for a fundraiser event in April. When you went to either of the locations located here in Fredericksburg or Stafford. The event raised almost \$300 dollars which will assist the members in some of our activities here at the Clubhouse. We would like to thank everyone that participated.



KITCHEN UNIT UPDATE

The Kitchen unit has been very busy. They were baking up a storm for the bake sale that we had at Ukrop's. We would like to thank everyone that came out and supported our cause and would like to also extend our thanks to Ukrop's for letting us have our event at their location. The Clubhouse also remodeled their kitchen area in June, tearing down a partial wall and putting an island in so that the members would have access to more work space. If you are interested in coming by and taking a tour of our facility please contact us at 540-785-8836. The kitchen unit was also busy with preparing the food for the summer kickoff that we had on June 25 from 11am till 2pm. It was very well received and the Clubhouse was excited about the turnout. The members made hamburgers and hot dogs on the grill along with potato salad, cole slaw, pasta salad, and brownies.

INSIDE STORY HEADLINE

Berry Picking at Belvedere Plantation

By
Cathy Coates

On May 29th, 2009 The Westwood Clubhouse went to Belvedere Plantation to go berry picking. It was our social event for the month. The berries we picked were strawberries, it was known as Pick-Your-Own Strawberries. We had a large variety to choose from since it was from a large field. It was very hot that day, but we really enjoyed it.

Belvedere Plantation is a 645 acre heritage farm, built in the 1760's on the historic Rappahannock River near Fredericksburg, Virginia.

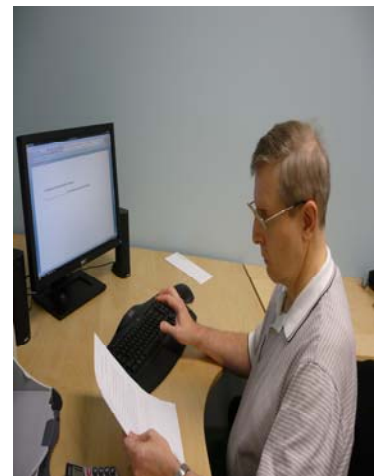
It is a working farm, with grain crops such as corn, wheat and soybeans—and of course, our famous strawberries! They are sun ripened and naturally flavor infused, making them the best strawberry you have ever tasted.

Belvedere Plantation is open from early spring and again in the fall with activities and attractions that change seasonally. Come for our picnics and parties. Enjoy fall harvest time with pumpkin picking, bonfires, evening hayrides, and even a cornfield maze!



COMMUNICATIONS UNIT

The Communications Unit has been very busy working on flyers that we sent out for the Foster's Grille event, along with our Summer Kickoff and Bake Sale Flyers. We also have been constantly updating our mailing list. If you would like to be added to our mailing list or know of an agency we should add please contact us here at the Clubhouse, the number is 540-785-8836.



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**Where we raise to our
potential!**

Mission

The Mission of Brain Injury Services is to improve the lives of people affected by brain injury through community-based services, education and advocacy.

Philosophy

The Westwood Clubhouse encourages an atmosphere of growth, new possibilities, and ongoing support, leading to improved social and vocational opportunities for each and every member.

What is a Clubhouse?

A Clubhouse is a place where people with similar experiences come together to work, learn and socialize and support one another. Members and staff work side-by-side to run the program, develop new skills, gain self confidence, and make progress toward their individualized goals.

The Westwood Clubhouse is supported in part by state and general funds administered by the Virginia Department of Rehabilitative Services and by general support of our community

