

The Westwood Clubhouse
507 Westwood Office Park
Fredericksburg, VA 22401

(540)372-7700
Fax (540)372-3438

Special Interest Articles:

- Westwood News.
- Black Tie Event!
- CARF Certification.



WESTWOOD NEWS

The Westwood Clubhouse has had some exciting events in the last two months! We hired a unit coordinator her name is Danien Johnson. She began on December 12, 2006. During her orientation process she will visit ADAPT clubhouse in Alexandria VA. and The Mill House in Richmond VA.

We have received a total of 7 sponsorship letters for local businesses that are interested in sponsoring our black tie event fundraiser.

We have been gearing up for

our black tie event fundraiser. We have secured a location. It will be held at the Holiday Inn Select in Central Park in Fredericksburg.

Tina attended a clubhouse managers meeting at the Denbigh house. All of the clubhouse managers and directors from all over Virginia meet quarterly to discuss progress and collaborate on upcoming events.

We have had 4 intakes within the month of December. We are also in

the process of hiring a Brain Injury Case Manager to serve the Fredericksburg and surrounding counties.

Written by Cathy

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BLACK TIE EVENT!

Why: To raise money for our new building and services.

**When: June 22, 2007
6pm—12pm**

**Where: Holiday Inn
Select (Fredericksburg
Central Park)**

**Donation: \$100 per
couple \$75 per single.**

Sit down dinner, awards ceremony, dancing, door prizes, silent auction, and MORE! - Written By Judy

If you would like to attend or receive an invitation please call us at:

The Westwood Clubhouse.
540-372-7700

To sponsor the event please read the article on sponsorship on page 2.





******* Much Needed Items *******

COMPUTERS
PRINTERS
STAMPS
GIFT CARDS TO STAPLES OR GIANT
PROJECTOR
ANY TYPE OF ADAPTIVE EQUIPMENT
A VAN
A LIFT CHAIR

“We would appreciate any one of these items or all of them” The Westwood Clubhouse members.

Black Tie Event SPONSORSHIP AVAILABLE

Main Stage sponsoring	\$6500.00 includes free table for company
DJ	\$500.00 includes 4 free tickets
Mailing & Invites	\$300.00 includes 2 free tickets
Cocktail Hour	\$2500.00 includes 6 free tickets
Advertising & Promoting	\$450.00 includes 4 free tickets
Registration	\$250.00 includes 2 free tickets
Barber Shop Quarter	\$250.00 includes 2 free tickets

All companies sponsoring events will be included in our marketing plan. The company sponsoring the Main Stage will take title of the event. Any questions please call Jerry at the following number (540) 372-7700. Thanks for your support in this community event in assisting our Brain Injury Clubhouse to raise funds for a new facility. Sponsorship will be based on a first contact basis.





WHAT I AM THANKFUL FOR!

What am I thankful for? That I'm created in the image of God and my relationship with Him. It's only God's grace that I came to know about The Westwood Clubhouse. Through Westwood I was introduced to DRS and the Woodrow Wilson Rehab Center. I'm thankful to have the opportunity to go to WWRC. The intense therapy is great! I will always be grateful for all the people God has brought into my life since my stroke in 2005. Judy

I am most thankful for my life and everything it can give you and I am a whole lot better now than when I first got injured and I can do

a lot more things on my own.

Remy –

I am thankful for the blessings that the Lord has bestowed upon me. I am thankful for my recovery from a stroke, to be alive, my part time job, my friend Carter Embry and The Westwood Clubhouse.

-David Lee

I am thankful for mine and my family's health and safety and that I have a job that I love! – Tina

I'm Cathy and I am thankful for being healthy, having a great husband and kids. Being healthy and having great life. It is so wonderful to be able to get up and come

to the clubhouse every day. I look forward to meeting new people and interacting with the old. The clubhouse is a great place to come and meet new people and mingle with the old. - Cathy

My name is Dominique and I am here to tell you what I am grateful for. I am grateful for a lot of stuff but the one thing that I am really thankful for is the ability to be here on earth and my loving family. - Dominique

I am thankful for my friends and family and all of my animals. I am thankful for my good health. I am thankful for my life and to be here. – Marissa

My name is Marie, this is the day and the Lord has made and I'm so thankful to be here. The Lord has truly blessed me. I was involved in a car accident and don't remember the month I was in the clubhouse. My Doctor said that part of my life I don't need to remember. My life is back on track now and I'm basically able to do what I was doing before the accident. I give the Lord all the Glory and Praise because without him I would not be here. That is what I am thankful for. – Marie

The Gang!



The Westwood Crew!



Danica we will miss you!



“We will miss her and love her very much” The Westwood Clubhouse members and staff

DANICA J. CRAMER

Danica Jaye Cramer, 47, of Spotsylvania County died Tuesday, Nov. 28, 2006, at VCU Medical Center in Richmond. She was the former owner and operator of Hair We Are and was a member of the Loyal Order of Moose and Fraternal Order of Eagles. Survivors include her husband of 23 years, David C. Cramer, two daughters, Briana I. Cramer and Megan L. Apperson, both of Spotsylvania; her parents, Walter and Lois Hanson of Triangle; a sister,

Caroline L. Carter of Roanoke; and three grandchildren, Cassidy I. Comstock, Jenny L. Comstock and Dylan W. Comstock.

Danica was a founding member here at the clubhouse. She has been a member since the day it opened. She always wanted to give a helping hand and loved to cook on Thursdays. She loved all of the members and staff and will always be a part of our clubhouse. We will miss her and love her very much!

Written by Marie

Kitchen Unit Update!

In the last couple of months we have been making Holiday goodies to eat. We are going to be cooking twice a week starting in January. We are going to cook “heart healthy” meals only to help keep us fit and trim.

Quail Ridge Press wants to publish 10 recipes from our cookbook!!! This will be out in the summer of 07. When we get our new space we will hopefully have a much bigger kitchen.

Written by Cathy and Jerry

“We are going to eat Heart Healthy meals to keep us fit and trim.”



HAPPY BIRTHDAY HOLIDAY BABIES!



Suzanne D. 11/08
Mandy N. 11/23
Doborah S. 11/24
Mark C. 12/1
Art Z. 12/28

Help Us Find a Building! Help Us Fund a Building! Help us Renovate a Building!

Imagine living with a brain injury and having nowhere to go and nothing to do all day! The simple joy of being with others and sharing life experiences would rarely happen. Not have a productive focus during the day would be devastating. That's where many adults with brain injuries would be without The Westwood Clubhouse, which provides survivors of brain injuries with FREE opportunities for community integration, vocational exploration, employment participation, volunteerism, case management services, and a supportive network of peers.

We need your financial support in order to continue to improve their lives!

The area we serve covers over a 90 mile radius. It consists of Fredericksburg City, Spotsylvania, Stafford, Caroline, Louisa, King George, Essex, Culpeper, and Orange County. Our Clubhouse is growing by the day!

Because this capital improvement project cannot be funded through state or local government, fundraising campaigns such as this one must be a priority. Your support is crucial to the success of our program and the success of adults who live every day with a brain injury.

If you would like to donate to our capital Campaign please make checks payable to Brain Injury Services, Inc. and send to The Westwood Clubhouse, 507 Westwood Office Park, Fredericksburg, VA 22401





Meet Danien !

“The best part is helping people.” Danien

We sat down in the Kitchen and interviewed Danien Johnson our new Unit Coordinator to get to know her. She was born in D.C. but lived most of her life in Virginia. She has been married for four years and has a nine year old son. “I’ve always wanted to work in the Human Services field. The best part is helping people” she stated. “I just moved into my first house in Caroline County in October. We have three dogs with lots of room to run. They rule the roost.” When asked what led her into the Brain Injury she stated that she enjoys helping people. We asked her what her impression of the clubhouse is and she stated, “Well it’s like having an extended family.”

Interview done by Judy



Communications Unit Update

We have been extremely busy on the communications unit.

We have a NEW unit coordinator and her name is Danien Johnson! She will be working on this unit! WELCOME!

Marissa has been working on our cookbook. We still need recipes so please send them in!

Everyone has been working

on the black tie event gala.

We went to Sliver Companies and told them about our organization and what we do.

We were mainly getting ready for CARF and getting the place organized.

We did an in service with ERI and talked with adolescents about brain injury and the clubhouse

program.

-Cathy -

Here we are outside of ERI where we did our in service! From Left to Right: Scott, Cathy, Judy and Dominique





Social Days!

The Westwood Clubhouse is getting ready to plan our social trips for the year! Here is our calendar for the next Two Months!

January 19th – Movies

February 9th – Adaptive Skiing

Support Group is on the Third Friday of every month and it starts at 10:30 a.m. at the clubhouse and we do our social afterwards at 12:00pm. Please notify us if interested in attending! Anyone is welcome!



On December 11, 2006 The Commission on Accreditation of Rehabilitation Facilities came to The Westwood Clubhouse to survey our facility, members, family, and staff to see if we can be certified and accredited as a rehabilitation facility. Our CARF surveyor's name was John and he interviewed members, family members, and staff about different aspects of the program. He stated that he was very impressed with the clubhouse program and that he even wanted to take the same model and use it at his own program in Illinois. John stated that he thought we all did an exceptional job! Way to go to everyone who helped with the survey!

Written by Dominique



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(540) 372-3438

Staff:
Tina Kavarligos, MA
Clubhouse Manager

Jerry Craft
Unit Coordinator

Danien Johnson
Unit Coordinator

“Joining Together”

We're on the Web!

See us at:

www.braininjurysvcs.org

Email:

thewestwoodclubhouse

@yahoo.com

Our Philosophy

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 Philosophy of The Westwood Clubhouse is to encourage an atmosphere of growth, new possibilities, and on going support leading to improved social and vocational opportunities for each and every member.

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