

Phoenix Star Clubhouse

Club News



Dan Semones Visits Clubhouse

On March 12, Dan Semones from Virginia Western community College visited the Phoenix Star Clubhouse to talk about the REACH program. He talked about how this program might help individuals desiring to return to work. The REACH program offers intensive training programs to identify and prepare individuals for positions in the Roanoke area. Assessment tests are available to evaluate job readiness and job skills. One of our members says that "Virginia Western is a great school that is very accommodating for people with disabilities, including brain injuries."

Guest speaker: Barbara Iddings

On March 26, 2009, Barbara Iddings, support group facilitator of the Connection spoke to Clubhouse members about the effects of brain injury and how to cope with the changes day to day. She introduced a Getting to Know Me program which is "designed to help survivors of brain injury get to know the new you."

Phoenix Star Clubhouse will host this twelve week program for our members. The first session will begin April 16th. We have six members signed up to participate.

**VIRGINIA
WESTERN**
The Community's College

BRAIN INJURY AWARENESS MONTH



March has been declared "Brain Injury Awareness Month" by the state of VA. This resolution, with the help of Delegate Dave Nutter (R-7th), was passed to raise public awareness and encourage everyone to practice preventive measures to reduce the number of brain injuries.

Phoenix Star Clubhouse participated in Brain Injury Awareness Month by designing and making bookmarks with general facts about brain injury, provided by the Brain Injury Association of Virginia, on one side and facts about our Clubhouse on the reverse side. These bookmarks, along with green ribbons, were distributed to local businesses in Downtown Roanoke by clubhouse members. Everyone seemed interested in hearing about the Clubhouse.



Member's Corner

What the clubhouse means to me...



- Adam C

My name is Adam and I'm 25 years old. I received my brain injury in Feb. 2006 from a camping accident. Afterwards I was unable to return to work. I was really stuck on what to do during the daytime as I had to move back in with my parents and really had nothing to do. The Clubhouse helped me develop a daily schedule with goals three to four days of the week. From the progress I have made at the Clubhouse I was able to return to school and also to move out on

my own and live independently. I have to thank them a lot for all the progress I have made in the past year or so, and hope it can help other survivors of brain injuries in the future make progress as I have made.

- Chris B

I have a brain injury that was caused by a stroke. I was a paralegal before, but could not continue after my stroke. I really enjoy coming to the Phoenix Star Clubhouse. I like working in the kitchen unit washing dishes and wrapping silverware. I also like copying and working with the computers. I come to the Clubhouse four days a week and I think it is a wonderful place. The members and staff are very helpful.



- John S

My name is John. A while back I had a brain injury and almost died. Now I have to live in an assisted living facility. My favorite thing to do is to come to the Phoenix Star Clubhouse. It is a place to come for people with brain injuries. The staff here are really excellent and so are the people that come. We do lots of things at the Clubhouse. We volunteer at The Food Bank, The SPCA, and The Roanoke Rescue Mission. We do lots of really fun activities. We have gone to a movie, we have gone bowling, we had a picnic and fished and have gone out to eat and have also gone miniature golfing. We also had a game day and ordered pizza. I am really, really thankful that there is Phoenix Star Clubhouse for people with brain injuries.



Clubhouse Updates

Communications Unit Update: by Charlie R.



The Communications Unit continues to work hard to keep up with daily tasks associated with the smooth operation of the Clubhouse. Each day a member volunteers to be the receptionist and carries out secretarial duties. We were busy this month completing a volunteer opportunity for the City of Roanoke. This involved addressing, sorting and alphabetizing a large mailing for the city. Many Clubhouse members worked on this task.

Work continues on the Clubhouse Newsletter; as newsworthy events occur, we write articles to add to the upcoming newsletter.

Our computers have recently been upgraded with new hard drives. This allows us to install more software and store more data. We would like to thank Catherine Thomas Boehmcke and her husband, Burke for the hard drives.

Delicious Recipe



Easy Chocolate Pudding Cake

1 sm. Pkg. chocolate pudding (not instant)

Chocolate cake mix

12 oz. pkg. chocolate chips

1 c. chopped nuts

Cook pudding according to directions. While still hot, add chocolate cake mix and mix for 1 minute. Pour into greased 9 x 13 inch pan.

Sprinkle with chocolate chips and nuts. Bake at 350 degrees for 35 minutes.

Program Update

By Laura H. Anglin, Program Director

The Clubhouse continues to volunteer in the community monthly at the SPCA, Southwest Virginia Second Harvest Food Bank, and the local Rescue Mission. We also help with the Blue Ridge Independent Living Center's quarterly newsletter and frequently help the City of Roanoke. The members that continuously attend these volunteering opportunities are able to give back to others as well as work together as a team in some of the tasks. Members and staff were recently recognized by one of the local organizations for volunteering. The units are still doing well. Members and staff work hard to keep up the Kitchen Unit and make up for currently not having a Coordinator. There are 27 members now enrolled in the Clubhouse who work alongside five staff. The members each help out in all aspects of the Clubhouse and are appreciated for everything that they do at the Clubhouse and community.



Social Events

February Bowling Bananza

By Charlie

Each month the Phoenix Star Clubhouse has a social event. All the members and staff are encouraged to participate. On February 19, 2009 we ordered really good sandwiches and salads from a new restaurant across the street from the Clubhouse and then we invaded the Lee Hi Lanes on Apperson Drive to bowl. Some of the members and most of the staff were really good bowlers. I, however, was a member of the other group of less skilled bowlers. With the help of my home health care nurse and a few very kind and generous clubhouse members and staff, I was able to score a respectable 77.



B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

March Game Night

By Chris

Thursday March 26 we had game night and pizza. We played lots of games including monopoly, bingo and Yahtzee. We also had pizza from Dominos. Everybody had a great time with the games, especially bingo. There were lots of prizes that winners could choose from. I won at bingo 2 times and selected playing cards and a t-shirt as prizes. Everybody seemed to enjoy bingo the most and we got to keep playing our cards after somebody won. We hope to do it again soon.

April Dinner and a Movie

By Jon

In April we watched a movie and went out to eat. The members voted on the movie "Hancock", starring Will Smith, about a superhero with flaws who has to work to overcome them. Everyone really liked the movie and continued to talk about it afterwards. We then ventured out to the IHOP on 220 for dinner. The most popular food of the evening was pancakes as there was a special on all-you-can-eat pancakes with a meal. We all had a great time as we sat around enjoying lively conversation and great food. The service was excellent and the manager gave us a very generous 20% discount on our whole order. After everyone finished up, we all met outside for a group picture, before leaving and going our separate ways. It was a great ending to another wonderful social event.



MY VACATION TO PHILADELPHIA

BY Lillian



I went to the 2009 Philadelphia Flower Show. The Garden Market place at the show is filled with plants, flowers and gifts for every gardener. This year, visitors can purchase some of the plants they saw at the show at the Meadowbrook store in the PHS

Village. For official keepsakes, stop by the Flower Show Shoppe. One-of-a-kind collectibles and antiques are offered as well as an exceptional assortment of Bella Italia memorabilia.

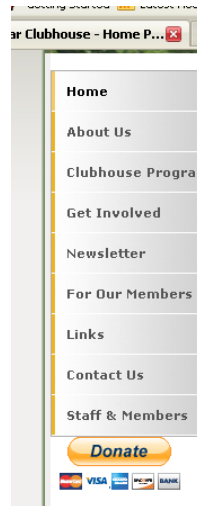
MY TRIP TO ITALY WITH MY BROTHER

BY Lillian

I went to Florence, Pompeii and Capri, Italy, with my brother, Richard D. Davis, III, from 7/20/90 to 7/27/90. Florence is a must for every visitor to Italy. Whether it's for art, history, elegance or shopping opportunities, the city is for everyone. We toured the romantic Bay of Naples, Pompeii and Capri. (with lunch and dinner). The unique feature of this tour is that it allows us to visit two of the world's most interesting sights in just one full week. We visited the fascinating excavated ancient city of Pompeii and the indescribable Isle of Capri. All in all, a wonderful day filled to the brim with the finest pleasure to be had in Italy's Romantic South.

Exciting Ways to Help Support Us!

By Adam



The Phoenix Star Clubhouse has incorporated a couple of new fundraising ideas. Facebook, the social networking website, now has the Clubhouse under the CAUSE category, listed as Brain Injury Resource and Development Center, Inc. We are hoping to get a lot of people to join this cause and make donations to the clubhouse.

We have also joined up with PayPal, and have put a donation button on our website at www.phoenixstarclubhouse.org and is on the left side of every page under our site navigation menu. After clicking on the Donate button, you can make a donation to the Phoenix Star Clubhouse by either using your credit card or by using your Paypal account. Please help us get the word out on these two new fundraising ideas so that we can continue making the clubhouse a better place.

WISH LIST for both Units:

Food storage bowls	28 x 22 & 20 x 16 Frames
Computers	Paper products
Printer Ink Cartridges	Jump drives
Utility cart	Magic Erasers
Tongs	Pots and Pans

HAPPY BIRTHDAY!

- May 31 Laura A.
- June 20 Adam C.
- July 3 Ana G.
- July 6 Robin F.
- July 8 Lillian A.



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SHOP, SEARCH & RAISE MONEY

By using the GoodSearch search engine, our organization can earn a penny each time a person searches online. Enter Phoenix Star Clubhouse as the organization that you would like to sponsor and start searching. Also, if you shop online, go to GoodShop on the same site, choose which site you want to shop at and a percentage of your purchase will go to our organization. Go to www.goodsearch.com and start searching or shopping today.

FOOD LION SHOP & SHARE

Register your Food Lion MVP card to help raise money for the Phoenix Star Clubhouse. To sign up, go to www.foodlion.com. Click on Lion Shop and Share under In the Community. Then proceed to Register MVP Cards. When selecting the organization, choose Brain Injury Resource & Development Center.

Thank you for your support!

