

GATEWAY TODAY

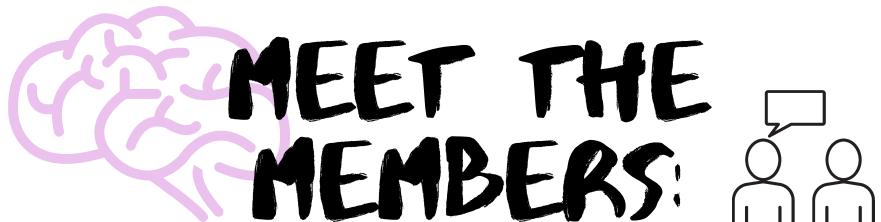
The latest news and updates from Gateway Clubhouse



Gateway Clubhouse

IN THIS ISSUE

**SPORTS REVIEW
EVENTS IN YOUR AREA!
MOVIE REVIEW
FUNNY BONE
...AND MORE!**



March is Brain Injury Awareness Month!

By Clubhouse Members

March is Brain Injury Awareness Month. "A TBI is caused by a bump, blow, or jolt to the head that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from "mild" (i.e., a brief change in mental status or consciousness) to "severe" (i.e., an extended period of unconsciousness or memory loss after the injury). Most TBIs that occur each year are mild, commonly called concussions.²"

https://www.cdc.gov/traumaticbraininjury/get_the_facts.html



Gateway Clubhouse provides individuals living with the effects of a brain injury the opportunity to participate in satisfying, purposeful activities. Within a supportive community environment, members participate in various tasks, including cognitive activities and outings.

The Clubhouse actively involves members in every aspect of day-to-day operations. With a focus on ability rather than disability, members are recognized for their contribution, no matter how small or large.

MEET BOB



I love art and creating beautiful drawings for the Clubhouse!

MEET CYNTHIA

My name is Cynthia. At age 12, I was in a bad car accident. I used to be a very active kid. I played sports a lot. I was very popular. After my accident, I was not active, I could barely take a lot of noise when I was younger. It would give me a migraine. So now that it has been 20 years. I have done a little bit. I started coming to the Gateway Clubhouse last year around August. I really enjoy coming here. It is much better than being at the house doing no

MEET ROY

My name is Roy M. I like NASCAR and bowling. I am from Mesa Arizona. I live with my sister here in NC. I have been a member of Gateay for three years.

MEET SAM

Hi I'm Sam, I like to play video games.

MEET MARK B.



My name is Mark B. I like the outdoors. I like to fish for fresh water and salt water Fish. I like baseball and football and in Winter, I watch downhill skiing and skating and hockey. I have been a member for six years.

MEET TIMOTHY

Hello, My name is Timothy. I am very Thankful for being associated with such a positive supportive crew. I have been delivered from an extreme severe group of events. After that has happened it was hard to reach to the world outside through the gate they provide. I am fond of arts and listening to rock and roll. Part of my art is telling very bad jokes a lot of the time. :)

MEET TASHA

I love to scrapbook.

MEET JAVAAN

Hello my name is Javaan, and I am 54 years old. At the age of 49, I was on my motorcycle waiting for the light to turn green so that I can proceed down Capitol Bld. I was struck from behind by a car and spent 6 months in the hospital. I was diagnosed with a Traumatic Brain Injury "TBI" and had to complete the rehabilitation program at Wake Med before they will let me go home. I had to learn how to walk, eat, and use my brain to think all over again. Upon completing the course I came home and had to remember and get use to everything in my house. I use to work for a company called Sodexho in RTP for 23 years. I had to give it up due to the accident. I now attend a rehab place called Gateway Clubhouse to help improve on my rehab and to get better at what I due. I am back to work part time but not with Sodexho. I work for a company called the Crabtree Hilton Inn. I still attend the Clubhouse to help me improve myself and to get better in life, but only on my days off.

MEET GEORGE

My name is George. I am 56 years old and have worked in food service for 30 plus years. Actually where I met my wife of 27 years, (Maureen) and also have twin 28 year olds Brad and Elizabeth. Three years ago, I had a fall off my deck and was told I have TBI? I was down about 2 years but have had the opportunity to return to a cashier position at Tally student center with N.C. State where I actually worked in a cook position with Fountain Dining and fed 100s of students. None of this would have been possible without the coaching and guidance and support I received from the Clubhouse program. Now I am happy and grateful that this program is available and look forward to helping others in the same position to let them know that u are only limited to your own abilities. Thank you all members staff past and present that helped in my recovery.

MEET CHRIS.

I love humor, making jokes and playing pranks.

MEET HEATHER

I love to smile and make art!



MEET ROBERT

Always friendly, kind and there for anyone who needs help.

New Director Spotlight

MEET STEPHANIE

My name is Stephanie Vinson and I am the new Brain Injury Services Director. I joined the Gateway Clubhouse team October 21, 2019. I have truly enjoyed getting to know the members and the staff during these past few months. I look forward to bringing new and exciting ideas to the Clubhouse. A little about me, I am a native of North Carolina and have lived in Raleigh for many years. I am a graduate of the University of North Carolina at Chapel Hill where I received my BA in Psychology and Virginia Commonwealth University where I received my MS in Rehabilitation Counseling. I am married and have three sons and one fur baby! I enjoy going to movies, spending time with family and friends and traveling. Each day I spend at the Clubhouse, I learn something new about the members and brain injuries. The members are teaching me so much about resilience, hope, faith and courage. It is an honor to do this work and I will do my very best to leave a positive and meaningful impact on each member and the Clubhouse.



In Sports News:

"NASCAR to run Xfinity race on Indy course"

By: Michael Marot

<https://apnews.com/>

848912ba0729466b07f32c3fa990718

By: Roy

Recipes To Try:

AllRecipes.com

- Slow-Cooker Chipotle Chicken Taco Bowls with Corn-Jalapeno Salsa
- Banana Berry Smoothie II
- Perfect Summer Fruit Salad
- Tempeh Breakfast Sausage Patties

By: Cynthia

Things To Do:

- Self-Guided Raleigh Scavenger Hunt...
- Kidzu Children's Museum
- Tobacco Farm Life Museum
- Discovery Flight Experience from All American Aviation

By: Cynthia

MEET ALMIRA

Hi! My name is Almira McMillan and I am the new Gateway to Work Coordinator. I joined the Gateway Clubhouse team in August 2019 and really love working with all of the members. You may see me out in the community doing on-the-job coaching or in the office working on BISS milestones and cognitive rehabilitation activities. I am an ECU alumni with a focus on psychology and a history of one-on-one cognitive skill training. My family and I absolutely love Raleigh. We are constantly trying out new parks and recreation activities, trails and parks. I love trying different types of food, creating and crafting, and just simply spending time with my little family. I sincerely appreciate the value and passion for life that every member brings to the Clubhouse. I hope to continue to support growth, communication and lots of fun within the Clubhouse. To our members, families and community supports - Thank you for accepting me within this wonderful group of people.



Q. What town was selected to be the site of the first capital of the independent state of North Carolina?

A. NEW Bern

By: Mark. B

By: Chris D.

