



## Clubhouse Connection

\*The Newsletter of HansonHouse TBI Clubhouse, by and for its members\*

# UPCOMING EVENTS

## BIAOH Conference

BIOAH Annual Conference  
Thursday-Friday September 18-19, 2008  
For more information call 1-866-644-6242  
or visit the [www.BIAOH.org](http://www.BIAOH.org)  
Call early for possible Scholarships

### HansonHouse's TBI Clubhouse Annual Picnic

**When?** Friday August 29, 2008 from 1:00-6:00

**Where?** WJ Greene Picnic Pavilion located in Berea

*Valley Parkway Drive (South of Wallace Lake)*

**HansonHouse will provide the B.B.Q. meat please bring a side dish!**

**Pets and Children Welcome!**

**Bring a frisbee, squirt gun, bubbles or just yourself**

**Need a speaker ? We have a number of members who would be willing to come to speak to your group about TBI. Call 440 -234 -9900 and leave details – we will try to arrange this free of charge.**



# HansonHouse's 6th Annual Golf Outing



The Annual Golf Outing, sponsored by Area Kiwanis Clubs, is one of HansonHouse's major fundraisers. It will be held on Sunday, August 24<sup>th</sup> at Emerald Woods golf course. Tee off, as shotgun start, will be at 9:00 AM. An early chapel service will be held at 8:00 AM. Dinner is provided by Tony K's Restaurant & Catering. The fee is \$90 per person.

Would you like your business recognized as a great community citizen?

Would you like to support non-medical services for our returning veterans?

Consider a \$100 corporate sponsorship and receive visibility on our course and in our program!

**Emerald Woods: 12501 N. Boone Rd.**

**Columbia Station, OH 44028**

**For driving directions call (440) 236-8940**

*Special Thanks .....* Thank you to all who enjoyed a dinner at Max & Erma's on Wednesday June 4th. Many of our members, their families and friends were able to attend. For all that attended, 20% of the bill was donated to HansonHouse!!

**Thanks for all of your SUPPORT!**

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## **Say these things to yourself, instead**

**M**y thinking affects the way I feel

If I am unhappy about the way I am feeling, I need to change the way I am thinking

Is my thinking realistic, or am I blowing things out of proportion?

~Submitted by Holly S. from

A publication by Eli Lily Corp. about Recovery

# Announcements

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## Golf League for Traumatic Brain Injury Survivors

**When? Every other Friday through the end of summer (call for details)**

**Where? North Olmstead Golf Course**

**Show up at 10:30 SHARP!**

**Call first for weather conditions (440) 777-0220**

### **We Need Donations!**

- 1) Specific reliable skills and services**
- 2) Postage**
- 3) “Connections” with other civic, business, veterans, government and professional organizations**
- 4) Specific office supplies**  
Copy Paper, large envelopes, REALLY LARGE envelopes, Staples, white out, clear tape, stopwatch, kitchen “minute” timer, paper report folders, self standing-table top literature displays, printed business cards, fresh AA and 9 volt batteries, dry erase markers.
- 5) Financial**  
Money, participation in our fundraisers, or gift cards.  
\*especially needed are gift cards to Staples, Office Max, Giant Eagle, and Gas cards

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## What is Taub Therapy?

“Constraint-Induced Movements therapy (CI therapy). Although CI therapy consists of a family of therapies, they share the concept of the brain to “rewire” itself. Dr. Taub’s research has proven that patients can learn how to improve the motor ability of their affected limb by ceasing to rely primarily on the unaffected limb, no matter how long ago the injury occurred.”

~Submitted by Tim B.

Questions? Want to learn more? Go to [www.taubtherapy.com](http://www.taubtherapy.com)

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# Support Groups

We are restarting our Westside Caregiver Support group. Lori Hanson and Ky Heinlen will facilitate this group on Mondays at Heinlen & Hanson 20526 Center Ridge Rd. #501 Rocky River, Ohio. YOU MUST CALL (440) 333-2106 to reserve your space. There is a nominal fee of \$10.00 per week. East Side group: Contact Dan @ (216) 738-1806. SouthWest General Hospital is also offering a general (not TBI specific) support group for any rehabilitative condition. Contact SouthWest about there support group at the LifeWorks facility (440) 816-4200.

## Member Updates!

## TONY K.!

Congratulations Tony K.! Tony Began attending HansonHouse events this winter. After several weeks of practicing job skills and meeting with others, Tony was introduced to a local employer and had an interview. Tony supplied the motivation and desire- HansonHouse and our community partnerships with volunteers and businesses helped Tony make the match. Tony landed the job and is now successfully employed, enjoying some great co-workers, and still remains an encouragement to new members at our Work Order Day Program. Tony continues to volunteer in our community re-entry program- a co-operative program with Southwest Community Health Center- WAY TO GO TONY!

# Regular Events

## Caregivers Support Group( West)

Mondays (440) 333-2106 to reserve your space

## Support Group (East)

Second Tuesday of every month 7-9 pm  
Euclid Hospital\*

## Support Group Metro

### [Survivors, Caregivers]

Second Thursday of every month 2 – 1:30 pm  
Rehab Pavilion, Glass Block Room\*

## Coffee Talk

At the BOOK and BEAN\*  
50 Front St, Berea

Third Thursday of every month 6:30 – 8 pm

## ABI Support Group

Metrohealth Medical Center\*  
Please contact Metro directly @ (216) 778-8277

# UPCOMING EVENTS

## August 24

6<sup>th</sup> Annual Golf  
Emerald Woods- 9 a.m.

## August 29

HansonHouse Annual Picnic  
WJ Greene Pavilion

## September 3rd

Fishing at Coe Lake

## September 18-19

BIAOH Conference  
Call for details 1-866-644-6242

## October 8

Trip to Westside Market  
Lunch and Social Event

## November 5

Event TBA

**\*Directions for Monthly events can be found in the “Getting there” section**

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## Please Contact Us

### By Mail:

Hanson House TBI Clubhouse  
173 Front Street  
Berea, OH 44017

### By Phone:

(440) 234-9900  
(440) 724-0634 (If you need directions to an event)

### On the web:

[www.hansontbiclubhouse.org](http://www.hansontbiclubhouse.org)  
Our website is under construction  
so some information may be out dated.

### Email:

[tbidirector@aol.com](mailto:tbidirector@aol.com)

# GETTING THERE

**Euclid Hospital** 18901 Lake Shore blvd.

**Second Tuesday of every month from 7-9 PM**

**From the South:**

- Take I-271 or I-71 and exit north to I-90 West
- EXIT **North** onto E. 185th St.
- **Turn Right** onto Lakeshore blvd.
- Main driveway is on your **LEFT** at the first light.
- Meeting takes place in the **Basement Cafeteria.**

**Contact Dan for information: (216) 738-1806.**

**Berea Rec Center** 451 Front St.

**From the North or South:**

- Take I-71 and EXIT Bagley Rd
- Travel **WEST** on Bagley to **Berea.**
- Turn right onto Front St.
- 451 Front St. is on your **Left.**

**See Bowling?** You went in the wrong door.

Tell the desk you are with HansonHouse.

**(By appointment only- call HansonHouse first to see if there is an opening.) 440 234-9900**

**United Methodist Church of Berea** 170 Seminary St.

**This meeting is temporarily suspended**

- Take I-71 and EXIT at Bagley Rd.
- Scranton lane. Scranton lane
- Travel West on Bagley.
- Turn Left (South) on Front St.
- Travel 1/10th mile on Front ST. then
- Turn **Left** on Spring St. Then park.
- OR, **Left** (before you reach the church) will be Baker's Funeral Home.
- Turn in and park.
  - Walk across Seminary and enter through **BIG RED DOORS.**

**Signs or members will tell you where the meeting is.**

**The Book & Bean** 50 Front St.

**Third Thursday of every month 6:30 till 8 ish.**

**From Bagley Rd:**

- Take I-71 and EXIT at Bagley Rd. travel West on Bagley.
- Turn **South** (left) on Front St.
- Continue going **South** on Front St. through the center of town bear to the right. (It will turn into a one-way street.)
- Turn East (left) onto Bridge.
- Immediately turn **Left** back onto Front (now going North)

**Book & Bean** will be on your **Right.**

**Lifeworks** 18324 Old Oak blvd. Cleveland Oh, 44130

**From the North or South:**

- Take **I-71 South** and Exit at **Bagley Rd.**
- Middleburgh Hts./Berea)
- Go **West** on Bagley.
- Continue past Engle.
- Make a **Left (South)** on Old Oak Blvd.
- Lifeworks is a little over 1/2 mile down.
- This is general rehab not TBI specific

**To The Berea and Middleburg Hts. Exit**

**From Lorain and Points West**

- Take Ohio Turnpike East to Cleveland Airport/I-71 Exit
- Take 71-**South** to Bagley Rd. Exit **West**

**MetroHealth Medical Center** 2500 Metrohealth Dr.

- Take I-71 to the W25th St. Exit
- Go **North**, getting immediately to the **Right** into Scranton lane.
- To drop someone off for the Glass block room, go straight through the light. Pull into the first driveway.
- To park, make a **Left** at the light and a **Right** at the second driveway opening. The first its the out of the drop-off circle. The second is the parking garage.
- For events in the Main building, continue on Scranton to the next light and make a **Right.**

*If you need help figuring out how to get to something*

**CALL HANSONHOUSE (440)234-9900**

Hours may be limited, leave a message  
or e-mail at [TBIdirector@aol.com](mailto:TBIdirector@aol.com)

**MAKE SURE TO LEAVE YOUR PHONE #!!**

Office Hours are Thursdays 10:30-2:00 and are subject  
to change. Please allow a week for a response.