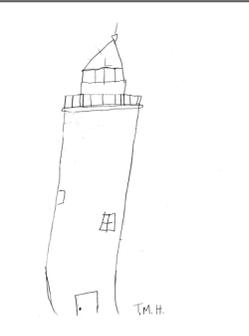




Helping Hands of Hope Clubhouse Newsletter

April, May, June 2011



Point Of Hope
20 Peddler's Village
Christiana, DE 19702

Changing Lives Through Self Determination

- * **HAPPY BIRTHDAY!!!!**
- * **Zane Meigs 5/7**
- * **Joe Tridente 6/2**

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Hope for the Future: A letter of Thanks from member Theresa Haley



I like to introduce myself, my name is Theresa Haley, I was born in Elkton, MD on Oct. 20, 1978. That's also where my accident occurred Sept. 19, 2009, and when it happened my whole world ended. I had to relearn everything all over again. I met a lot of nice people that helped me, such as, my caseworker Holly. She told me about this place called Point of Hope. She said just try it and if you don't like it don't go. My first day at Point of Hope I met Tiffany and Damian. I've been coming to this place ever since 7/15/10. This place helped me a whole lot. They asked what do I want to get out of this place. They are helping me to achieve my goals. My goal is to go to college and become a physical therapist. I'm working towards going to college and to achieve my living goals. This place is called Point of Hope, what a good name, we all have a point and we have hope. What a wonderful place. If it wasn't for this place I wouldn't achieve anything or have my life back where I need to be, I think this is best place ever. **AND I WANT TO THANK THE POINT OF HOPE'S STAFF** for what I have achieved so far.

Ways to improve brain injury by member Tina Malatesta



Brain injuries are happening more and more each day. The most common problem is memory loss. Through research on the internet, I have found 5 skills that may improve the use of memory. These steps are:

1. Memory- exercises such as remembering names and locations.
2. Attention-This will use concentration and focus.
3. Speed-cognitive skills like reaction time and adaption to change.
4. Flexibility-Strategic planning, avoiding errors, and communicating clearly.
5. Problem solving-Comparing problems and recognizing patterns.

Www.Minddabble.com is a good site that uses these steps with many different brain challenging exercises.

Information courtesy of www.ascd.org

Book Club by member Shawn Collins

We started a Book Club in June 2011. We meet every Tuesday from 10:30am– 11am. We all voted on 3 different books and the first book chosen was the Outsiders. We started reading it as a group and have had discussions that explain the book in detail as far as identity, race, and stature. We are almost finished this book and once we are, we will have the opportunity to watch the movie.



Recreation Unit by member Jesse Prewitt

We have a group game that the clubhouse participates in together on Wednesdays. We play the Wii, Deal or No Deal, Monopoly, Scrabble, and many other games. After completing the games we keep track of the winners on the Clubhouse scoreboard. We will have a tournament in the future to determine a winner.



Holidays by member Zane Meigs

The holidays that we observed were Good Friday, Easter, Memorial Day, and Father's Day. On Good Friday I stayed home. I didn't do anything that day but that night we went to diner at the Red Lobster. We had a nice time even though they were busy.



Achieved Beach Walk by member Joey Lambert

We started a "Beach walk". It's a virtual walk that we take daily either around the building or by DVD. We add up our steps into miles and equate them to destinations. Our first destination was to Rehoboth Beach, which we achieved in 81 miles. Our next destination is Virginia Beach, and our final is Myrtle Beach. The Beach walk has been lovely. It has allowed me to strengthen my arms. I do not want to quit. I want to go all the way and achieve each goal.



Rehoboth Beach, DE



Tasty Recipe

Rice Krispies Treats by member Michael Lovins



Ingredients

3 Tablespoons Margarine or Butter 1 package (10 oz.) Regular Marshmallows
 or
 6 cups Rice Krispies 4 cups Miniature Marshmallows

DIRECTIONS

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Note

- For best results, use fresh marshmallows.
- 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows.
- Diet, reduced calorie or tub margarine is not recommended.
- Store no more than two days at room temperature in airtight container.
- To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.

Recipe Courtesy of www.ricekrispies.com

Movie Review by member Jared Donahue

My favorite movie is called Scarface. Its about the rise and fall of Tony Mantegna. It shows how he went from being poor to being rich. I like it because it shows that even though he became successful from the choices he made the negativity of it killed him. So the only way to have continued success is to be positive.



Trip to Cowtown by member Joe Tridente

We took a trip to Cowtown in New Jersey. We walked around for exercise and leisure. I went with 3 of my friends/members. They were Shawn Collins, Theresa Haley, and Michael Lovins. We enjoyed our time there shopping and eating different foods. I look forward to going again and hopefully more members can come.



Brain Injury Association of Delaware



Brain Injury Association of America
www.biausa.org
800-444-6443
Defense and Veterans Brain Injury
Center
www.dvbic.org
800-870-9244
National Brain Injury Research
Treatment and Training Foundation
www.nbirtt.org
434-220-4824
North American Brain Injury Society
www.nabis.org
703-960-6500

<http://www.biausa.org/Delaware/bia.htm>

Help Line 1-800-411-0505

Upcoming Events

FIRST FRIDAY DOVER

In Sponsorship of BIAD's Newest Fundraiser:
The "Embellish Your Melon" Hat Ball Benefit

Graciously hosted by



Friday, September 2, 2011 • 5:00 to 8:00 PM
Federal Street • Loockerman Street • Governors Avenue

Dover's monthly First Friday block party is a blast! Enjoy music, tasty treats, drinks, beer tasting, great door prizes, and lots of fun! Wear a hat to support "Embellish Your Melon" or buy a hat at First Friday for the October event!

More info at www.biade.org and www.downtowndoverpartnership.com.

Brain Injury Association of Delaware

Mailing address:

P.O. Box 1897
Dover, DE 19903

Physical Address:

840 Walker Road, Suite A
Dover, DE 19904

Telephone Toll Free:

(800) 411-0505

Local: 302-346-2083

Fax: (888) 258-3694

Office open Monday - Friday

You Are Invited!
October 21, 2011
Embellish Your Melon in Support of Brain Injury Survivors and Their Families

[Click Here](#)

New Location Update

New Castle County

34 Blevins Drive

Suite 5

New Castle, DE 19720

Open August 29, 2011

Smyrna

73 Artisan Drive

Smyrna, DE 19977

Open for tours only

Clubhouse Members:

Adrienne Browne
Shawn Collins
Devin Doyle
Jared Donohue

Theresa Haley
Joey Lambert
Patrick Lewandowski
Michael Lovins
Tina Malatesta

Zane Meigs
Jesse Prewitt
Joe Tridente