

HEADWAY HEADLINES

319 Columbia Street, New Westminster Ph:604 520 0130 E:clubhouse2@striveliving.ca



Celebrating Summer

**Retrospective
Headway Programs**

Winners of the Quarter

**Preventing
Musculoskeletal Injury**

Welcome Summer Student

Welcome Volunteers

**Member Volunteer
Opportunities**

Headway Closures:

Canada Day
Friday July 1st

Strive ABI BBQ Party
Monday July 11th
Queen Elizabeth Park

BC Day
Monday August 1st

Labour Day
Monday September 5th

OH, HOW WE LOVE SUMMER!

The weather is getting warmer and the glorious season Summer is just around the corner. The daylight hours are longer and the nights are shorter. It is a seasonal shift that nearly everyone notices. This means that we will be able to spend more time outdoors, enjoy the warm sunny weather and the spirit of summer.

At Headway we know how to do summer right! We know how everyone loves to spend time outside, so we have some great programs planned to take full advantage of the beautiful, but all too short, lower mainland summer.

Do you like picnics? Got 'em!

Walks along the Pier? Got 'em!

Eating ice cream? Drinking cold beverages?

Hanging out with friends and making memories?

We've got it all!!

I'm pretty sure there will no better place to hang out this summer and I wouldn't even bother looking!

Headway

Summer



Fun

What is Timeslips you ask?

Well, basically, it is a story that starts from the imagination of one person and grows from that of others.

Here is a sample:

“It came over the mountain slope searching certain crevasses. Then in utter darkness the Yeti laughed at fate, thinking hip-hip-hooray I can guess what comes after this mind-meld!

When she suddenly shook her wooden leg and laughed tee-hee, the goat sprinted to a high place to escape that Yeti’s fate.x

Hoping we might compose ourselves better by perfecting creative visions, we trace out initial pilgrimage towards better understanding of the Yeti which remains illusive, but delightful!”

Just imagine how much fun it was coming up with that! Better yet, join in next time. There are always new stories to be told.

There will be many more opportunities to express your creativity and exercise your minds in the coming months with more Timeslips, Creative Writing and the new Mental Aerobics Programs!

Poetry that Rhymes

TJ Halmosi

I’m not a fond friend of poetry that rhymes,
For it can wax weak some of the times.
Made unsafe decomposing prose,
Prophylactics save for something to say;
To say about trying to not even the score,
And I’ll write rhyming poetry no more.

Learning Never Stops

This Quarter we featured an educational series on Brain Injury. The topics included an Introduction to ABI, Short Term Memory Loss, Aphasia and Related Communication Impairments.

The presentations were a combination of videos, lecture and group discussion. Those who participated said they found the videos interesting and the talks informative. During the group discussions members created an atmosphere of support and encouragement as they shared their own experiences with brain injury.

Overall, these series received a lot of good feedback and requests for more in the future. We are listening!

More Learning Opportunities

Members have been also learning about Financial Management, where they have developed practical skills about saving and managing money. In the month of May we had an informative session about self-care; the importance of it and a variety of ways to practice self-care in our daily lives. Members have also been taking part in the new Computer Classes, learning basic skills about the parts of the computer, and how to use the Microsoft Word program. In the coming months we will continue to learn about keyboarding, emailing, and how to access information of interest using the internet.

Come and join us for upcoming educational sessions this summer! We look forward seeing you soon!

Craft Corner has been filled with creativity this past quarter. Some of the projects included, DIY Wooden Coasters, Recycled Pop Bottle Bird Feeders & Beaded Trees of Life. The final products were beyond impressive and the creativity and talent of those who participated indisputable! Craft Corner takes place every Thursday at 2:00pm, come and join to have fun and be creative!



Tuesday's Yoga Class has taken on a new discussion forum at the beginning of the class where mindfulness and wellness is talked about. The discussions are centered on how to cope with stress, mindfulness versus mindlessness, and how to integrate a higher level of consciousness into everyday life.



Calling all Shutterbugs

I know you're out there, I've looked at all your photos, and loved every minute of it! So, I'm really excited that we are starting a **Photography Club** beginning in July. We will be focussing on different aspects of photography so you can learn new skills or hone the ones you already have.



And the Winners are...

March

Member of the Month: John B.
Bowler of the Month: Rasool N.
Super bowler: Tom H.

April

Member of the Month: Thomas C.
Bowler of the Month: Lindsay W.
Super bowler: Lou T.

May

Member of the Month: Bob B.
Bowler of the Month: Alex M.
Super bowler: Kevin J.

Preventing Musculoskeletal Injury

According to Workers' Compensation Board Nova Scotia, "preventing musculoskeletal injuries starts with understanding them. And the key feature to understand is that musculoskeletal injury hazards involve the effect some working tasks have on the body – usually over long periods of time.

They include:

1. Awkward body posture, or working in the same body posture for long periods
2. High body force, such as lifting or carrying heavy loads
3. High task repetition for long periods

Once you learn to spot these hazards, often a few simple changes can reduce the likelihood of injury. And correcting these hazards doesn't just reduce injury. It also improves the job, allowing quality work to be completed safely and easily".

http://www.wcb.ns.ca/Portals/wcb/Sprains_and_Strains_Preventing_MSI_through_work_design.pdf

Member Volunteering Opportunities

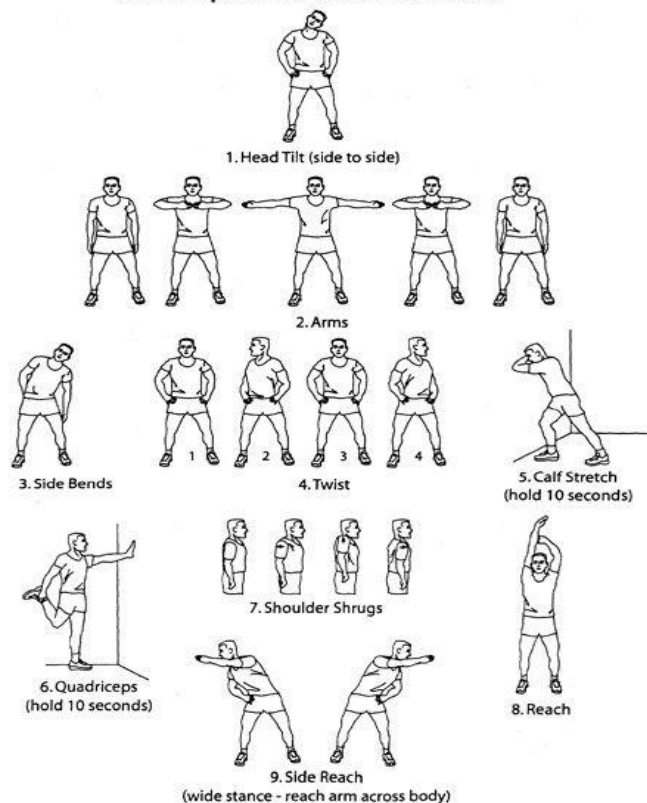
We've talked a lot about what Headway can do for you, but if you're wondering what you can do for Headway...

We love volunteers, people who offer to help out around the center with cleaning, maintenance, helping with toonie lunch etc. (by the way, those who do, can actually get a free toonie lunch).

Also, contributing to this newsletter: poems, recipes, short stories, photos, thank you notes and well wishes.

Pretty much anything will be considered!

Strive introduced this quick routine to help prevent Musculoskeletal Injury, Warm-up / Cool-down Exercises



Welcome

Currently we have a few new faces at Headway. Well, they are our wonderful summer student and great volunteers!

Our summer student, **Shane**, is going to be around a lot this summer, she may be taking over some programs, so be sure to make her feel welcome!

On Mondays we have the very helpful and always smiling **Ella**, we are glad she has chosen to share her time and talents with us.

On Thursdays, **Melanie** has become a big help with arts and crafts and playing cards over lunch; thanks for letting them win lol! And of course **Mona Lisa**, you probably hear her laughter ringing out on Fridays!

