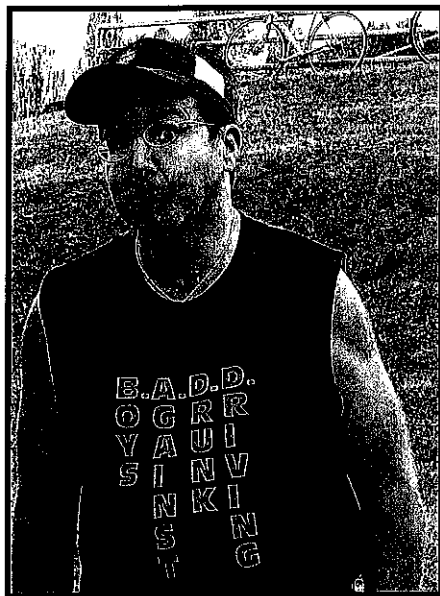




INTERVIEW: Martin Schuler

By Michael Valdivia



This month, the Seattle BrainWorks Clubhouse is profiling Clubhouse member Martin Schuler. Martin was born in Seattle on May 16, 1968. He graduated from Blanchet High School. He has three boys ranging in 13 -16 years of age. Prior to his accident he enjoyed coaching his boys in baseball and continues to take them to movies, and Mariners baseball games. He currently lives with his sister Michelle and parents Larry and MaryAnn Schuler.

Martin worked for many years for the WonderBread/Hostess Cake Corporation. When he started there, he palletted bread for storage and shipment. In his 21 years of employment there, he worked his way to the position of Distribution Manager for the Pacific

Northwest. If you had any of Wonder or Hostess products in the past 21 years, it is quite possible it arrived at your store at Martin's direction. Martin still stays in touch with his ex-boss.

Martin shares that he was involved in a motor vehicle accident in August of 2009 while under the influence. He had been working as a bartender at a local bar owned by his sister. As a result of the accident, he was in a coma and on life support at Harborview for five weeks. I have a feeling that Martin is a family man: he woke up from his coma on his mother Maryann's birthday and moved his eyes for her! He

notes, "One mistake changed my life forever."

He learned about the Seattle BrainWorks Clubhouse from staff at Harborview Hospital. Martin credits living through his accident and his recovery to one thing: his boys, to whom he is dedicated.

As before his accident, Martin enjoys hiking, swimming, pheasant hunting, fishing and surfing and is learning to snow ski again to join his boys on the slopes. In order to stay active in such sports, he stays in shape by working out at the gym regularly and going for 25-mile bike rides. Martin is very interested in creating an organization advocating against drunk driving. Its name will be "B.A.D.D. - Boys Against Drunk Driving."

Martin is very enthusiastic about life. He is goal oriented, and has one main goal: to be the first person with traumatic brain injury to climb Mt. Rainier. Twice-weekly workouts are preparing him for the eventual climb with a professional mountaineer and exercise therapist named Jerry, an employee of Pushing Boundaries therapy center. Martin, his cousin Craig and Jerry plan to rope up together to help Martin his challenge next year in August. Best of luck to all three of you guys!

Another goal of his is to write an autobiography called "From Death to the Top of the World"
"Martin" continued on P.5

In This Issue:

- **Interview: Martin Schuler**
By Michael Valdivia p.1
- **Thank you, BIAWA!** p.2
- **My Transition Program**
By Jasmine Brown p.2
- **The Walk, Run and Roll for Thought**
By Todd Kelleher, Earl Debnam, Larry Hudson, Howard Hill and Dawn Tiller p.3
- **Seattle BrainWorks "Art Wall"**
Interview of Earl Debnam by Howard Hill and Doug Williams p.4
- **Randee's College Experience**
By Randee Rios p.4
- **Word Search** p.5
- **To Our Generous Supporters...** p.6



A Hearty "Thank You!" to the BIAWA!

Seattle BrainWorks Clubhouse wants to express our gratitude to the Brain Injury Association of Washington (BIAWA) for its very generous contribution of \$5,000 toward operation of our



program. We benefit in numerous ways by the existence of the BIAWA – Clubhouse staff and members call the BIAWA's Resource Line and benefit from the combined decades of knowledge about brain injury among its staff and volunteers; our Clubhouse members attend brain injury support groups coordinated by the BIAWA; and we recently partnered with the BIAWA and HeadStrong for Life in our first joint "Walk, Run and Roll for Thought." This donation of \$5,000 is much appreciated. Thank you, BIAWA!



My Transition Program

By Jasmine Brown

I like my Transition Program through the Seattle Public Schools because of my wonderful



teacher, Susan Morrison. She is the sweetest person in the world, I think. The Transition Program is helping me find jobs that I like and work well at. I've been in the Program for two years, and I have one more year before I graduate. After I graduate, I plan to go to the Venture Program at Bellevue Community College.

I love working at Children's Hospital, because I love folding the mail. It is also helping my ataxia and endurance in using my hands.

Leon Sullivan Health Care Center was a nice nursing home, but there wasn't enough work for me to do. And it was too hot up in there.

At the Experimental Education Unit (EEU) at the University of Washington, I played with kindergarten kids, for the most part. But they liked Dan, my Individual Assistant (IA)/job coach, better than me. I quit

that job because of hours and other stuff. But I loved working at Northgate Elementary, because every time I got off the bus, the kids started screaming my name. They really loved me there. I'm even going back to work there in the fall.

Also in the fall, I am starting a new job at Pitney Bowes. It's a company dealing with mail, and I'm going to like that, because I like folding the mail.

I like the Clubhouse because I get to talk. I really enjoy Amos. He's a nice person. The Clubhouse is helping me learn how to cook, how to be mostly independent, and how to budget money (I blow my mom's money). I get help on stuff from everybody at the Clubhouse.



Check out our website:
www.seattlebrainworks.org



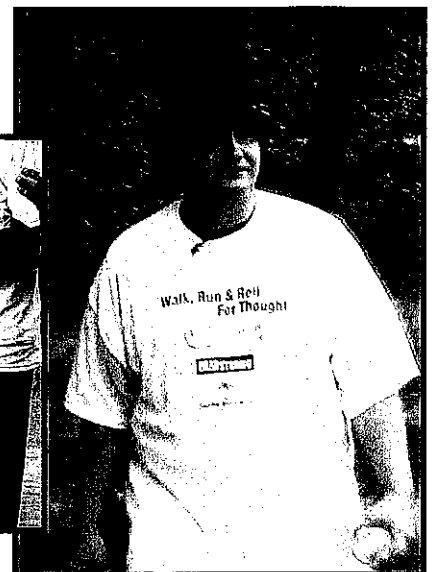
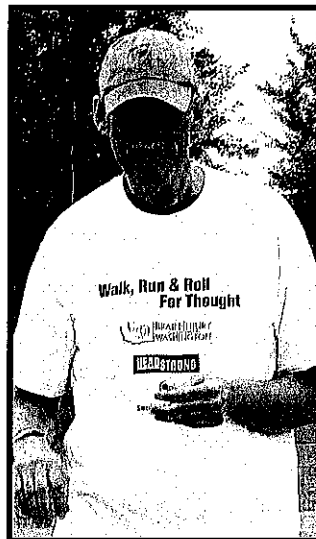
The “Walk, Run and Roll for Thought”

By **Todd Kelleher, Earl Debnam, Larry Hudson, Howard Hill and Dawn Tiller**

The Walk, Run & Roll was an inspiring event that happened for Seattle BrainWorks, the Brain Injury Association of Washington, and Headstrong for life. It was so much fun because we got to walk with Clubhouse members, other survivors, and their families. It was nice to see so many family members participate. Earl got to use his power chair (for the first time in an event such as this). He was able to keep up with the moving crowd. Larry was touched by how many people were there. The crowd was from all over the state. Howard thought it was great event! He put his head phones on while he was walking. He enjoyed talking with other walkers/rollers. Members felt the site was really nice. Magnuson and Steward Parks are underused, and two of Seattle’s great secrets. Some members stayed after to make sure that Earl didn’t have to wait for his ACCESS bus alone. This event showcased the bond SBW members have with each other, and it was wonderful.

For next year, we are talking about how we could increase participation among Seattle BrainWorks members and their families. Some members made suggestions that more food be available and that

Hats, T-shirts, and buttons showing our participation and abilities would be wonderful. It would be great to allow Clubhouse members to speak during the event. This would really help in increasing public awareness about brain injury.





**Seattle BrainWorks
“Art Wall”**

**Interview of Earl Debnam by
Howard Hill and Doug Williams**

Howard: What were you thinking about when you painted “Misty View”? (the painting that has been on the Art Wall).

Earl: I was thinking of three individuals, kind of joined at the head. They evolved from a bed of colors. They’re “looking out.”

Doug: Yours is acrylic on paper. Michael B’s paintings are pastels, I think. I wonder how you will decide how to display the paintings so they are all shown in their best light.

Earl: Art makes its own way. Each piece will command its own space. In addition to my painting, Michael B’s paintings. Kaid is a known photographer in the Clubhouse. His photograph is on one wall, and we will add a photograph from Carl, another Clubhouse member.

Earl: I’m looking at the wall as evolving around the creativity of people with brain injury. Myself, every three months, I’ll contribute a new piece. Other people have the opportunity to do the same thing, so the wall will be constantly “moving.”

Erin: What will be the guideline for how many pieces members can display at once?

Earl: One or two pieces would work. We’re accepting any creative expression, including words (for example, poetry or songs).

I want the Art Wall to be a part of our Clubhouse’s conversation. It’s important to me.

Doug: Yes – everyone has the right to stand up and express their own artistic piece, that would make it alright.

Earl: I’m looking at the wall as evolving around creativity and changing as life.

Doug: So you’ve come to be able to decide that the wall can be guided by people’s creative expression.

Earl: Yes, but not dominated by it. Hope that the wall will add a little culture as well as creativity to the Clubhouse.

Every Clubhouse member is welcome to submit their work for display on the wall. We welcome poetry, photographs & paintings. Contact Earl or Amos at 206-826-1095.



**Check out our website:
www.seattlebrainworks.org**

**Randee’s College
Experience**

By Randee Rios

I was going to North Seattle Community College (NSCC) and I was taking Adult Basic ED. I was taking the class mainly to brush up on my math skills. It was actually a simple class. I only took an ABE math course because I did not do that well in math on the compass test. I will be going back to take the compass test over again to see if I can be placed into college level courses.

I am going to NSCC so I can learn something I want to do as a career. I am still exploring what I would like to do as a career choice. I am also hoping to work with a career Counselor at the College to help me figure out what I want to be. One of the other students in the class I worked for as a Teacher’s aid while I was in high school. I am thinking about becoming a kindergarten teacher, since I love children.

I try to take the bus to school so I do not have to leave my house so early. Some days I had to walk because I did not have bus fair. On those days, it took me 20 minutes to walk there.

I plan to have a paid job after I am done with college. In five years, I will save some money so I can own my own home and my own car. Now that I am in college I think I am on my way to becoming more independent. I hope to get married and live with my future husband.



"Martin", continued from P.1

with a friend, Kari. And yet one other goal is to speak to seniors at Blanchet High School, his alma mater, about drunk driving.

Being at the clubhouse keeps Martin active and meeting new members. One Clubhouse member, Earl, has offered to paint a picture of Martin. This painting will be from a photo of Martin that he has hanging in his family's summer home on Anderson Island.

While we all have our individual traumatic brain injury and health challenges, Martin is one particularly positive and inspirational person to get to know and be inspired by. Hopefully, and in good time, he will accomplish his goals, especially the climb up Mt. Rainier. Be sure to get plenty of photos to share with the clubhouse and add to our Art Wall. And any student that can be reached to understand that nothing good can come from drinking and driving is a goal accomplished. Best wishes, Martin, and see you around the Clubhouse!



SBW members names

E	Y	H	S	T	E	V	E	N	I	N	U	T	M	W
N	N	J	O	E	V	E	N	N	G	Y	I	O	A	C
I	O	I	Z	W	D	G	J	C	A	R	L	D	R	H
A	H	S	M	N	A	U	F	W	A	R	X	D	T	J
R	T	Y	A	S	R	R	B	L	E	A	H	C	I	M
B	N	R	Y	A	O	D	D	E	L	E	J	N	Y	
M	A	D	L	R	B	J	I	Z	S	H	A	W	N	G
O	Z	L	A	B	E	A	W	Y	L	R	C	N	D	U
Z	I	C	I	W	K	T	C	A	E	R	A	S	J	O
B	J	E	H	W	N	H	A	D	C	D	A	E	Z	D
Q	J	O	A	R	U	E	R	G	G	Q	F	E	L	L
O	X	B	B	B	I	Y	O	B	R	F	E	K	I	M
E	K	O	R	T	S	S	L	M	O	E	E	M	I	A
O	L	J	T	N	E	J	R	N	E	B	Q	B	X	W
M	H	G	A	P	F	U	N	X	G	G	U	I	O	V

AIMEE	DANNY	JEFF	RANDEE
ANTHONY	DAWN	JOE	SHAWN
BILL	DOUG	KAID	STEVEN
BOB	EARL	LARRY	STROKE
BRAIN	HOWARD	MARTIN	TERRY
CARL	INJURY	MICHAEL	TODD
CAROL	JARED	MIKE	ZSCHE
CHRIS	JASMINE	MOZ	

SEATTLE BRAINWORKS NEEDS YOU!

We're looking for committed volunteers to help out in the Clubhouse. Especially needed right now are volunteers to:

- walk/roll with us on Friday afternoons in North Seattle.
- maintain our computers.
- accompany us on outings (bowling, movies, ferry trips to islands, etc.)

Please contact Erin Rants at (206) 826-1072 or erintr@provail to talk about volunteering in these or other ways.



TO OUR GENEROUS SUPPORTERS...

The Seattle BrainWorks members, advisory board and staff are overwhelmingly appreciative of your encouragement and support.

Thank you to those who recently gave a financial donation to the program:

Guy Devillier

Jennifer M. Gau

Lynn Gordon and Kath Flores

Rena Ilumin

Cheryll Root

Mary Ann Okomski

Walter Okomski

The Rants Group

Andrea Okomski

Washington Women's Foundation and Barbara Gross

Thank you to the businesses and foundations giving in-kind donations that have helped us tremendously:

Aaron Barthel and Intrigue Chocolates Company for their donation of truffles for our Open House.

Scott Holmes and FASTSIGNS for their donation of the large banner displayed at the Walk, Run and Roll for Thought.

Olga Sagan and Oliver of Piroshky Piroshky for their donation of piroshkies to feed hungry Open House-goers.

Make a contribution to Seattle BrainWorks, a not-for-profit program serving survivors of traumatic brain injury.

Please contact Erin Rants at erinr@provail.org or (206) 826-1072

See our website: www.seattlebrainworks.org

or send a check to:

**Seattle BrainWorks/
PROVAIL
12550 Aurora Ave. N.
Seattle, WA 98133**

And thank you to those who gave their time and expertise to keep us moving along:

Heartfelt thanks to **all our members and their family members/supporters** who collected pledges and/or came out to the Walk, Run and Roll for Thought.

Many thanks to **Aimee Fay**, our volunteer who has come to the Clubhouse each Monday this summer to work side by side with members.

Sincere thanks to our volunteers (**Kris Weber, Kelly Danielson, Kaila Rants and Danielle Rants**) for your help with the Walk, Run and Roll for Life.

Much appreciation to **Nancy Dorman**, who is assisting us with our Excel Lunch and Snack Bar Programs.

We're grateful to **Nancy Woode and Sandy Kieffer**, two members' caregivers, who help in many different ways in the Clubhouse each week.