

## the CRANI SYNAPSE CHRONICLES



SPRING/SUMMER 2025



## **EMPLOYMENT PROGRAM UPDATE**

A generous grant for Employment services will allow us to grow our **Employment Program and transition community members and Clubhouse** members into meaningful jobs where they can contribute to the community in positions that highlight their skills and interests.

The Employment Team remains hard at work assisting members with resumes, job searching, job applications, interview preparation and on-site job support. Our new staff members, Ashley and HK have made great efforts to develop relationships with local businesses in the hopes of having more opportunities available to our members. With their commitment to our program and the members' commitment to success, we have had two members recently become employed. Congratulations to Evan and Jerick for both getting hired this summer!

**Evan** began working at Nova Car Wash as an attendant in June. Jobs

that Evan was hired to perform include belt instructor, kiosk instructor, and custodial mainte-

nance. In preparation for his role, Evan would perform work tasks within the Clubhouse on the Maintenance Unit and he would participate in exercise programming in the KNZ Neurofitness Gym to maximize his strength, balance and stamina to tolerate being on his feet throughout his work shifts.

**Jerick** was hired at Yuppie Puppie in July after taking time to explore his skills and interests. Jerick's role at Yuppie Puppie is "Dog Attendant". Jerick, an avid dog lover, is responsible for the supervision of the dogs in a daycare setting and ensures the safety and well-being of the dogs in his care. From feeding and walking to kennel maintenance and monitoring

dog behavior, Jerick is very happy in his new role.



#### PLEASE CONSIDER SERVING ON **OUR BOARD OF DIRECTORS**

individuals affected by brain injury

INTERESTED?

Visit: www.synapsehouse.org **Events & Volunteers** 





## **VOLUNTEERS NEEDED**

Join our Board of Directors or a volunteer committee.

Governance Committee · Gala Committee · Golf Committee

Synapse House continues to grow. Expanded program and service offerings are now available to members.

Interested? Please contact Deborah@synapsehouse.org



## **IBICA Conference Recap** By Will B.

On July 17<sup>th</sup> and 18<sup>th</sup>, we were all lucky enough to be able to join and view a live broadcast of the annual **IBICA (International Brain Injury Clubhouse Alliance)** 

conference. There, they discussed the progress they've made in the past year, as well as any changes to expect going forward. IBICA sets some of the important guidelines for brain injury Clubhouses like ours. It was with their plan, regulations, and guidance that we were able to establish and maintain our organization, presence in the Chicago area, and thrive as a large, influential brain injury Clubhouse since 2014. To this day, IBICA helps us stay on the right path, and follow a set list of recommendations on how to plan every day for our members that attend our day program such as following a consistent schedule, meeting and interacting with other brain injury survivors, and working alongside our valued staff. Synapse House employees experienced therapists (Occupational, Physical and Speech) and employment specialists, all of whom can assist our members with getting back into life whether that be independent living, working out, or the workplace, for example.

The IBICA presentation included a direct report on internal changes being made, including new hires and promotions for higher level staff, which could potentially affect the decisions they make going forward. These changes are important to be aware of as they may trickle down to our Clubhouse and affect how we do things. It was very interesting watching this meeting, as we were able to learn a lot of changes being made in the background that may alter my daily experiences at Synapse House. They left time at the end of the conference for anyone in the audience to ask questions, all of which were answered in high detail by one of the executives there. On the spot, I thought of a question about fundraising for a smaller nonprofit organization like ours, and even though I don't run the Synapse House Clubhouse, I care a lot about its outcome and continued operation. Synapse House is very helpful for someone like me, a brain injured individual that lives nearby. I appreciate the help and structured schedule that the Clubhouse setting provides me on a weekly basis, and the continued rehabilitation they provide for me during my recovery and continuing to achieve new goals. Having a further understanding of funding and cost of operation is important for all of us to be knowledgeable about, as raising money is how we keep the doors open to provide this vital service to people who have had a brain injury or stroke.



**Tuesday, December 2** Please consider making a donation to support our mission to:

"Engage, Empower & Employ those affected by Brain Injury and Stroke"







Scan this QR code with your phone to purchase tickets.

Visit our website to learn more about our programs, volunteering and donating: www.synapsehouse.org

## The Cranium Chronicles is published by Synapse House

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## www.synapsehouse.org

Our Support Team
Deborah Giesler, Ex. Director, MS, CCC/

Vera Kramer, Development Director James Farrell, Business Office

### Clubhouse Work Unit Coordinators

Megan McClain MS, OTR/L Erika Panatera MS, OTR/L Angel Lucena-Johnson COTA

### **Employment Services**

Ashley Gieschen Achkei "HK" Wilson

## **KNZ Neurofitness Gym**

Gina Pizzoferrato

## Community Support Specialists Dustin Bellair

Tony Chairez Darla Kucera Austin Vongphasouk

#### **Transportation**

LaShelle Morrow LaTonya Davis

**2025 Board of Directors** Marilyn Dingens, Board Chair Nancy D'Andrea, Treasurer Secretary—**Actively seeking** Irene Abrons Joe Bretz Matt Dingens Megan Gassel Melissa Johnson Kelly Snow



## OUTINGS, VOLUNTEERING & CELEBRATIONS



If you know someone in need of services or would like to share information about Synapse House with your healthcare provider, please contact





The KNZ Neurofitness gym remains busy throughout the day while members engage in individual exercise as well as therapist-led group sessions. During the morning, members are encouraged to sign up for individual exercise on the bikes, the universal gym and/or to complete their person-

alized home exercise programs. The staff Occupational Therapists lead hemiplegia group once a week, and with so much interest in this group, we've had to edit the group protocol in order to meet the needs of all interested. The Occupational Therapists have also begun health and wellness training through therapeutic intervention with an interested member, once a week, with the long term goal of independent living.

Afternoon group exercise programming, led by our Physical and Occupational Therapists, continue to attract members of all skill levels to boost strength, balance, coordination and overall cardiovascular conditioning. We welcomed a new member on the virtual platform during this interim and continue to host our regular virtual members alongside our in-house members during exercise groups. In addition to strength training, endurance training, and yoga, we are introducing Tai Chi this fall as another exercise option to meet the interests of all participants.





Congratulations to Scott B for recently receiving his third award within his department at The Home Depot. Scott was most re-

cently recognized for his safety within his department (see photo). Scott was a Clubhouse member from 2018 through late 2023 when he transitioned into the Employment Program. Scott would travel over an hour to Synapse House to be able to receive in-person assistance from our Employment Team. After a few months of drawing up a resume and applying for jobs, Scott was hired by The Home Depot in April 2024. Congratulations

Scott for maintaining and thriving within his role at The Home Depot and setting a great example for his team and others impacted by their brain injury to model.



## COMMUNITY SUPPORT SERVICES (CSS) - FOR VETERANS



## VALOR GAMES RECAP By Kevin B and Justin R

On August 12-14, 2025, The Chicago Park District hosted the 11th Annual Valor Games Midwest in Chicago, IL. The Valor Games Midwest is a three-day Paralympic sport competition for disabled veterans and wounded, ill, or in-

jured service members. This year, two of our Synapse House Clubhouse members participated in multiple events. **Kevin**, with his wife, Carretha and **Justin** with his mom, Catherine attended the event for

two days each. Kevin and Justin were pleasantly surprised when they ran into each other at the cycling event as they had not previously discussed participation in the games. Kevin participated in discus, shot put, and rowing and Justin participated in archery, cycling and rowing. Justin scored 158 in archery, cycled 2.6 miles and placed 4th in rowing! Justin reports liking that there were many resources for veterans available at the event. Congratulations to both of you for your hard work and commitment to participating in community events that highlight your strengths. You are a positive representation of your armed service divisions as well as Synapse House Clubhouse and the community of those who are affected by brain injury.



## ART COLLABORATION with TONY AIRFORCE VETERAN

**Tony** has a deep love for the arts and creativity. This summer, he planned to host an art class for other Clubhouse members at Synapse House. Tony and Ashley selected a painting to recreate, following step-by-step prompts from

a YouTube video. Members who volunteered to participate took on this project over the course of four sessions. They created really beautiful projects that they can enjoy in their homes. The value of

finding hobbies and leisure activities to pursue plays a vital role in recovery and identifying skills that members may be surprised they possess.



# Thank Thank Thank Thank You you you

At the heart of every thriving community lies a group of dedicated individuals who believe in something bigger than themselves. At Synapse House we are incredibly fortunate to have such individuals on our Board of Directors—leaders who have given their time, wisdom, and passion to help shape a stronger, more inclusive future for brain injury survivors.

Serving on the Board of a brain injury Clubhouse is more than governance—it's a commitment to restoring dignity, purpose, and connection for those whose lives have been changed by brain injury. Our board members have stood by our mission and their leadership has been instrumental in helping us grow—whether through securing resources, expanding partnerships, improving our Clubhouse programming, or amplifying the voices of our members.

As Synapse House continues to grow in impact and reach, we want to recognize an individual who has played an important role in shaping our journey. We want to extend our deepest gratitude to **Bryan Bacon**, who has faithfully served on our Board of Directors and aided with development of our nonprofit since inception.

Over the years, Bryan's contributions have helped guide Synapse House through pivotal moments such as the Covid pandemic, Vision 2020, and expansion to a new location.

As Bryan transitions from his role on the board, we are not only thankful for his years of dedicated service but also excited for the continued impact he will make as an advocate and friend of Synapse House.

On behalf of Synapse House Clubhouse—our staff, volunteers, members, families, and fellow board members—we say thank you, Bryan. Your leadership has truly helped pave the way toward a brighter, more inclusive future for all those affected by brain injury.

With deepest appreciation, Synapse House Clubhouse Community





Synapse House 3130 Finley Rd. Suite 520 Downers Grove, IL 60515 877-932-1120 www.synapsehouse.org

## **SYNAPSE HOUSE WISH LIST & FUNDRAISING**

Set-up a donation drive or schedule a supply drop-off.
Email megan@synapsehouse.org for more information. Bold items we have a greater need for.

Copy Paper
White Cardstock
Hand Weights
Letter size Envelopes
File Folders (letter size)

Postage Stamps
Toilet Paper
Cleaning Wipes
C-Fold Paper Towels
Latex Gloves

Gas Gift Cards Uber or Lyft Gift Cards

Gift cards to Wal-Mart, Jewel, Office Depot, & Mariano's



If you have any raffle items you would like to donate to our fall fundraiser (gift baskets, tickets, lodging), we will happily accept your generosity.

Please reach out vera@synapsehouse.org to coordinate item drop off or delivery.



For a snapshot of our Clubhouse programming, Culinary Unit meals, Employment training and members in the spotlight, please follow us on Social Media:

<u>Facebook:</u> Synapse House

<u>Instagram:</u> @synapsehouseclubhouse and @synapsehouseculinary <u>YouTube:</u> Synapse House





