

CHIP's NEWS

Spring 2005

Cape Head Injured Persons

www.chipshouse.org

Here at CHIP's House, activities are a large part of our residents' everyday life. Whether it is Dunkin Donuts for coffee or trips on the ferry to Nantucket, there is always fun to be had by residents and staff. The typical day at CHIP's House starts with a review of the news. It is important to our residents to stay abreast of national and worldly news. And let's not forget sports. The Red Sox and Patriots are often the subject of lengthy discussions and debates. After the news, it is on to some time for games; sometimes its trivia, sometimes poker, sometimes hangman. Whatever it may be that day the competition is always keen and the atmosphere is one of friendly competitiveness.

Later on in the day, after re-energizing at lunch, we often venture into the community. On a weekly basis, there is swimming at the local YMCA, bowling, coffee at the beach and lunch at spots around the Cape.

We also have other special trips out. Last year, we went to a Patriots Charity Flag Football Game where Edgar and the gang got a close up view of their sporting heroes. We spent several nights at the Barnstable County Fair where Curtis enjoyed his fried dough and John sang along with the music of the nightly concerts. We recently went out to a joint birthday party for three of our residents. During the summer, we spend our Thursday nights at the Hyannis Street Festival enjoying ice cream and listening to local bands perform. Every Friday, we go to Veteran's Beach with all our residents enjoying a picnic. We were lucky enough to go see the Boston Pops perform at the Hyannis Village Green.

We have many things planned for the future, to keep Chip's House active in the community. There will be a trip to haunted houses in Plymouth, a Chip's House Halloween party, a trip to Nantucket for the day and more.

So, as you can see, Chip's House isn't only about what is happening in the House. It includes the community and the important place our residents hold within it.

Written by Eric Beebe, Activities Coordinator. Eric joined CHIP's House staff in 2004. He is a graduate of the University of Connecticut, where he majored in English and played on the varsity football team.

Cape Head Injured Persons' Housing and Education Group, Inc. is a private, non-profit 501(c)(3) corporation, founded by Cape Cod residents and incorporated in the Commonwealth of Massachusetts in 1992.



At the New England Aquarium



WE NEED YOUR HELP!

CHIP's House is run as affordably as possible. Our basic operating costs are met by entitlements for the disabled and residents' own resources. All our facilities improvements, enrichment activities and resident entertainment are funded by donations.

There are many ways to get involved: A tax-deductible donation, in-kind gifts or becoming a CHIP's House Volunteer.

To find out more, contact Roy Richardson: 508.790.9311 x4 or roy@chipshouse.org

Name Mr / Ms / Mr & Mrs _____

Address _____ City, State, Zip _____

My check/money order is enclosed (payable to CHIP, Inc.)

I would like to learn more about volunteering at CHIP's House

I would like to help with CHIP's House events

I would like to receive future CHIP's Newsletters via email at the following address _____

CHIP DIP, January 2005



Our CHIP DIP on New Years Day was a great success with over 70 people taking the plunge into the frigid waters of Craigville Beach. Thank you to everyone for your support! These events help us raise awareness of CHIP's House and fund many resident activities. We depend on the generosity of many local businesses and individuals to make these a success. If you have any items that you can donate for our auctions, or if you could help organize one of the events, please get in touch with us.

Please check our website – www.chipshouse.org or call Roy at 508.790.9311 x4 for more details on these events and others that are currently being planned.

- Events Calendar...**
- Sunday, June 26th** - The CHIP's Coastal Chowder Run – A motorcycle ride from Eagles Club, Buzzards Bay to the Cape Cod ChowderFest at the Melody Tent.
 - Monday, July 11th** - Annual Golf Tournament, New Seabury Country Club
 - Saturday, August 27th** - Comedy Night at Dino's Sports Bar, Mashpee
 - Sunday, September 18th** - Road Race & Walkathon. Choose a competitive 8K run or a leisurely 5K walk.

Did You Know?

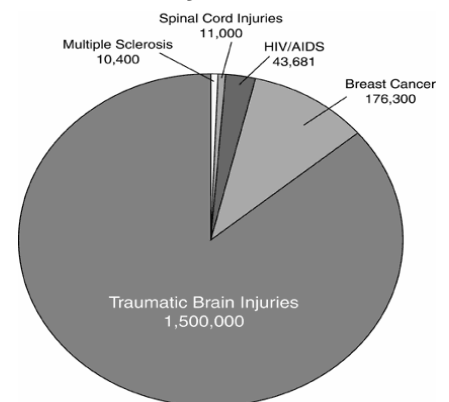
Traumatic Brain Injury (TBI) is unpredictable in its consequences. Brain injury affects who we are, the way we think, act, and feel. It can change everything about us in a matter of seconds. The most important things to remember:

- A person with a brain injury is a person first.
- No two brain injuries are exactly the same.
- The effects of a brain injury are complex and can vary greatly from person to person.
- The effects of a brain injury depend on many factors, including cause, location and severity, age of the person, etc.

The three leading causes of TBI are motor vehicle crashes, violence – mostly from firearms – and falls, particularly among the elderly. The risk of TBI in men is twice the risk in women.

For more information on TBI visit the Brain Injury Association of America at www.biausa.org or the MA state organization www.mbia.net

BRAIN INJURY FACTS



Comparison of Annual Incidence

Data compiled and arranged by the Brain Injury Association of America based on data from the Centers for Disease Control and Prevention, American Cancer Society and National Multiple Sclerosis Society