



HOURS
 Monday – Friday / 11 am - 4 pm
 9-11 am by appointment.
 805-563-2882 x3

Schedule of Events March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jodi House's 5th Annual 5k and 1-miler Beach Walk & Roll will take place on Saturday, April 6th! Have you registered yet?</p>				<p>1 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>
<p>4 11 Rhythm & Movement 12 Brain Workout 1 Matinee: The Crash Reel</p>	<p>5 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga</p>	<p>6 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group</p>	<p>7  11 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies 2:15 Posture & Stability</p>	<p>8 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class</p>
<p>11 11 Article Discussion 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club</p>	<p>12 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group</p>	<p>13 11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Restorative Yoga</p>	<p>14 11:30 Musical Mind Workout 12:30 Birthday Party! 1 Communication Skills 2:15 Posture & Stability</p>	<p>15 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>
<p>18 11 Article Discussion 12 Brain Workout 1 Self Defense Workshop 2 Current Events</p>	<p>19 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga</p>	<p>20 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group</p>	<p>21 11 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies 2:15 Posture & Stability</p>	<p>22 11 Therapeutic Massage 12 Language Class 1 Qigong 1 Q&A w/ Carol Baizer 2 Art Class</p>
<p>25 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club</p>	<p>26  11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group</p>	<p>27 11 Reiki 12 Volunteer Project: CRH 1:15 Percussion 2:30 Restorative Yoga</p>	<p>28 11:30 Musical Mind Workout 12:30 Upstairs Update 1 Communication Skills 2:15 Posture & Stability</p>	<p>29 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>

What's Happening at Jodi House this Month?



Jodi House Beach Walk & Roll!

Saturday, April 6th from 8:30 AM – 11 AM

Join us for our 5th Annual Beach Walk & Roll Fundraiser to support our community's brain injury survivors! This year in a new location, participants can choose to walk or roll a 1-mile or a 5K route in Chase Palm Park Plaza. The event will include snacks & coffee, music, a health & resource fair, lawn games, a raffle and more! To register, please visit www.jodihouse.org/walkroll/ or call 805-563-2882 x3. Feel free to contact staff with any questions. We hope you can join us for this fun event and thank you for your support!

Posture & Stability **New Instructor!**

Every Thursday at 2:15 PM



Please join us in welcoming our newest instructor, Dr. Ryan Rogers, to the Jodi House family! Dr. Ryan will use his use knowledge and expertise as a chiropractor to continue to teach us functional and beneficial ways to improve and maintain our posture, balance, and overall physical strength. We hope you can join us for our weekly Posture & Stability class with Dr. Ryan!

Q&A with Carol Baizer

Friday, March 22nd at 1 PM

Do you have questions about the benefits available to you? Carol Baizer, Benefits Counselor at the Independent Living Resource Center (ILRC), will be at Jodi House to answer them and to help you navigate the application process. Please bring any documents that you have questions about or are having difficulty understanding. To learn more about the services offered by ILRC, please visit <https://ilrc-trico.org/>.

Brain Injury Awareness Month

Did you know that March is Brain Injury Awareness Month? This month, we will focus on empowering ourselves by educating others about brain injury, learning about the different effects brain injury can have, and finding ways we can help others who have been affected by brain injury. We hope you'll join us for the following Brain Injury Awareness inspired activities:

Matinee: *The Crash Reel*

Monday, March 4th at 1 PM



This documentary follows the journey of snowboarder Kevin Pearce, who sustained a life-changing brain injury while training for the Olympics. Now, Kevin works to spread awareness about brain injury with his nonprofit organization, The LoveYourBrain Foundation.

Article Discussion

Mondays, March 11th and 18th at 11 AM

What do you want the rest of the world to know about brain injury? What are some things NOT to say to a brain injury survivor? This month, we will read articles written by other brain injury survivors addressing these topics and we will come up with our own answers to these important questions.

Volunteer Project: Cottage Rehab Hospital

Wednesday, March 27th at 12 PM

A unique, powerful skill that all Jodi House members have is the ability to connect with other survivors of brain injury. This month's Volunteer Project will give us the opportunity to write letters of hope to patients at CRH who have only recently sustained their brain injuries. You are a great source of inspiration, so we hope you can join us for this project.

Jodi House, 625 Chapala St, Santa Barbara CA 93101

Are you interested in membership? Please visit www.jodihouse.org or call 805-563-2882 x3 to schedule a visit.