

## ACQUIRED BRAIN INJURY NETWORK NEWS

January 1, 2008—2008 /#01

*Survivors and Family Members*

*Building Lives of Meaning, Joy and Value*

### FROM THE EDITOR:

Our new United Way Donor Choice number is 45813 !!!

Thanks

\* to the 36 people who have emailed Estelle Richman asking for a Bureau of Brain Injury!

\* to Dick & Mary Stoner, Red Lion Head Injury Support Group, for supplying address labels, sign-up coupons and envelopes so members easily signed up for the newsletter!

\* to Helen Love (Positive Practices, Forensic Task Force), Dan Rohrback (CLAC), Dorene Pasekoff (Phoenixville Health Fair) and Stan Nagle (benefit at IceWorks)!

Barb Dively

### TOTAL GRACE RECORDS HOLDS FUNDRAISER

Thank you to Total Grace Records and their Executive Vice President Stan Nagle for holding a sports concussion awareness benefit for ABIN-PA on Thanksgiving weekend at the IceWorks Arena, Aston, PA.

Thank you to the sponsors who donated items for the event: Wilson Heating and Oil, Wallingford, PA; Bill Battey Sporting Goods, Media, PA; Champion Limousine, Somerset, NJ; Tailgate City Sports, Springfield, PA; and the reigning MISL Champion Philadelphia Kixx.

The seriousness of concussions and Second Impact Syndrome reached players, parents, and coaches. No trophy or win is worth risking the long term welfare of any player! For the rules on return to play, print the Sports Brochure at [www.abin-pa.org](http://www.abin-pa.org).

Total Grace Records, a Christian record label in Delaware County, PA, will hold a benefit concert on February 9, 2008, for the Chuck Cassidy Family Fund. Mr. Cassidy, a Philadelphia police officer, was killed on Hallowe'en Day. The benefit will include local music talent from all genres plus guest speakers. For info, visit [www.TotalGraceRecords.com](http://www.TotalGraceRecords.com), or call Stan at 610-745-0707.

### MEDIC ALERT JEWELRY

Would a Medic Alert bracelet or necklace help you or your loved one after brain injury? Police, mental health, emergency and medical personnel may benefit. Easy agitation, poor memory, lack of compliance, gait problems, confusion and slow reaction times can be misunderstood. Go to [www.medicalert.org/home/Homegradient.aspx](http://www.medicalert.org/home/Homegradient.aspx) for information.

**SURVIVE & THRIVE**

**THANKS TO OUR DONORS**

Dorothy Curtis  
John & Barb Dively  
Robert Drucker  
Carole & John Frock  
Jean M. Hendrick  
Helen V. Love  
Stanford Nagle  
Carolyn Pahler  
Sandy & Bruce Rogers  
Kay & Gordon Rowe  
Joyce Schlag  
Roger Schott  
Frank & Pat Strenk

Bill Battey Sporting Goods, Media, PA  
Champion Limosine, Somerset, NJ  
Philadelphia Kixx-MISL Champion  
Tailgate City Sports, Springfield, PA  
Total Grace Records, Wallingford, PA  
Wilson Heating & Oil, Wallingford, PA

**PROBLEM-SOLVING**

Children under 21—Rehab  
1-717-705-8259  
Client Assistance Program  
1-888-745-2357  
Disability Rights Network  
1-800-692-7443  
Educational Law Center  
1-215-238-6970 + 412-391-5225  
Institutional Law Project  
1-215-925-2966  
Legal Aid  
1-800-322-7572  
Legal Clinic for the Disabled  
1-215-587-3350  
Pennsylvania Health Law Project  
1-800-274-3258  
Special Education Consult Line  
1-800-879-2301  
Waiver Help Line  
1-800-757-5042

**CAREGIVING**

from Pat Strenk

Definition of a Caregiver

One who provides for the physical, emotional, and social needs of another person, who often is dependent and cannot provide for his/her own needs.

From Rosalyn Carter

“There are only four kinds of people in this world: Those who have been caregivers; those who currently are caregivers; those who will be caregivers, and those who will need caregivers.”

Keys to Being a Good Caregiver

1. Take care of yourself first. Don't deny your own needs.
2. Empower those being cared for. Every act your loved one makes to maintain independence is a victory for the caregiver.
3. Don't do it alone. Get support when you need it.
4. Learn to manage stress. Enlist strategies for coping.

**Stop letting what you don't have prevent you from using what you do have. *Pat Strenk***

**CHOOSE GRATITUDE  
AS YOUR ATTITUDE**

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## WHERE TO CALL FOR INFO

Acquired Brain Injury Network of PA  
215-699-2139  
BIAPA School Re-Entry Teams  
724-944-6542  
Brain Injury Help Line—free literature  
1-866-412-4755  
Brain Injury Resource Line  
1-866-635-7097  
CommCare Head Injury Program  
1-866-412-4755 (TBI only)  
Waivers (TBI and non-TBI)  
1-800-757-5042

**Help yourself by  
helping others!**

## HAPPENINGS

### December

3rd—PA Interagency Forensic T.F.  
5th—Senator Rafferty's office  
6th—ABIN-PA Board, Mailing, Support  
& DOH TBI Advisory Board  
10th—Service Delivery Structure  
& PHLP Room to Grow  
& Montco Forensic Task Force  
11th—Community Living Advisory  
19th—OMHSAS ACT Workgroup  
19th—Gov.'s Adv.Com. For PWD  
21st—Rep. Moyer's Office  
28th—Speaker O'Brien's Office

### January

10th—ABIN-PA Board, Mailing, Support  
14th—Montco Forensic Task Force  
16th—PA Human Relations, Disability,  
Temple, Philly 9:30am-1:30pm  
17th—Free Teleseminar on Spasticity  
24th—Training at Devereux

## THE TBI ADVISORY BOARD by Tom Carroll

The overall vision of the Department of Health TBI Advisory Board is to create culturally sensitive, effective systems of care for a person with a TBI and his or her family.

As many of us have seen in the Brain Injury Community, government boards are often much talk, but very little action. However this Boards' chairman is Mike Miller, the father of C.B. Miller, who is a TBI Survivor, and because of this we are working on many important improvements.

This is a partial list of some of the projects that we are currently working on; State-wide toll free number for resource information on Brain Injury, Pre-Enrollment counseling - in order to help travel through all the government "Red Tape" in applying for many programs, "Brain Injury Support Group" coordination, Doubling of the annual budget for Head Injury Program, Mini-grants on sports related head injuries in High Schools and other Sport Clubs. ( Pre-Concussion Testing).

This is just a small sample of our work. We are currently looking into how we can best educate and train First Responders and Emergency Room personnel.

NOTE: Tom is a member of the TBI Advisory Board. The Board meets in Harrisburg every three months. Meetings are free and open to the public. Survivors and families are urged to attend. For info: [mjmiller@epix.net](mailto:mjmiller@epix.net).

**For Free Newsletter Sign-Up, Donations & Tributes**

DATE: \_\_\_\_\_ NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ COUNTY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_ SURVIVOR: \_\_\_\_\_ FAMILY: \_\_\_\_\_ OTHER: \_\_\_\_\_

DONATION: Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_ Monthly: \_\_\_\_\_ United Way: # 45813

IN HONOR OF (Name/Reason): \_\_\_\_\_

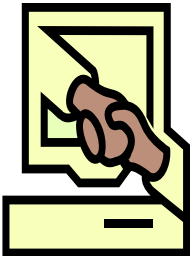
(Address): \_\_\_\_\_

IN MEMORY OF (Name): \_\_\_\_\_

(Family contact name): \_\_\_\_\_

(Family address): \_\_\_\_\_

The official registration and financial information of the Acquired Brain Injury Network of Pennsylvania, Inc., may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.



**ACQUIRED BRAIN INJURY NETWORK  
OF PENNSYLVANIA, INC.**  
2275 Glenview Drive  
Lansdale PA 19446-6082  
215-699-2139, [www.abin-pa.org](http://www.abin-pa.org)  
[www.groups.yahoo.com/group/abin-pa](http://www.groups.yahoo.com/group/abin-pa)  
Building Lives of Meaning, Joy & Value

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.