

ACQUIRED BRAIN INJURY NETWORK NEWS

December 1, 2009—2009/#12

Survivors and Family Members

Building Lives of Meaning, Joy and Value

InfoLine: 215-699-2139, 1-800-516-8052. Fax: 215-699-5139

info@abin-pa.org, www.abin-pa.org

Happy Holidays!

The voices, hands, and hearts of our volunteers are making a difference!

Erikka, Jeanne, Anna Marie, Terri, Kyle, Meredith, Alyson, Corinne, Melissa, Lisa, Gordon, Kay, Erik—clerical help. Maria Martin—Westmoreland BISG & Area on Aging, Health and Education Expo. Helen Love, Sheryll Poris—A Day for All Women, Bucks County Community College. Corinne Gries, Dorene Pasekoff—Connections for Life by MossRehab. Rozelia Ballard—Bridging the Gap, Sharon Baptist Church.

Mail back Page 5 to tell us how you can help us make a difference in 2010:

- Set up an information table—we will mail you the brochures.
- Recruit your legislators to the Brain injury Caucus—ask us for directions.
- Donate \$5 or more to keep ABIN-PA afloat—send in your donor envelope.
- Find free local space for us to hold a Saturday Peer to Peer Training.
- Become a phone volunteer—we provide training.
- Volunteer for the Board—we must double our number this month to continue with Strategic Planning.
- Give out police brochures locally.

Remember that helping others always helps each one of us as well!

Let's make 2010 another amazing year!

Barb Dively

ABIN-PA EVENTS

Sun. Dec. 6 2-4pm Board Mtg. or PH

Join in by phone or come and make new friends. Discussions are always interesting. Snacks afterwards.

Tue Dec 8 1-3pm Newsletter Mtg.

Always a good time. Fold, tape, and label. 530 subscribers! Snacks.

Mon Dec 14 7:30pm Public Affairs PH

For public policy discussions. All welcome. Those representing ABIN-PA on outside groups are urged to call in.

Mon Dec 21 7:30pm TeleSupport PH

We are working our way thru the Peer to Peer Manual topics. View on the web, print, or call for a copy.

**Sun Jan 10 2-4pm Board Mtg. or PH
HOLIDAY POTLUCK 4-6pm.**

Try to come for the meeting—but if that is too much—just show up for the potluck. Please RSVP so we can plan.

**Call in for Meetings Marked PH.
PH:1-877-783-2009, PassCode 720986**

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**INCENTIVES FOR HIRING
PEOPLE WITH DISABILITIES**

**From Edward M. Butler,
Executive Director, Governor's Office
for People with Disabilities.**

1. Architectural/Transportation Tax deduction—For expenses incurred when removing physical, structural, and transportation barriers for persons with disabilities.
2. Small Business Tax Credit—For making a business accessible to persons with disabilities.
3. Work Opportunity Tax Credit (WOTC) - For hiring individuals from certain targeted groups such as low income, vocational rehabilitation referrals, former Aid For Dependent Children recipients, veterans, ex-felons, food stamp recipients, summer youth employees, SSI recipients and possibly Katrina victims.
4. Pennsylvania's Employment Incentive Tax Credit—For hiring an individual on public assistance or a recipient of services from the Office of Vocational Rehabilitation.
5. Independent Capital Access Network (ICAN) Program— Reimburses small business owners for purchasing specialized adaptive equipment, including training for the adaptations, if required, worksite modifications, and vehicle modifications for working OVR participants.
6. On-the-Job Training—For formal or informal training furnished by the employer that leads to the acquisition of specific knowledge and skills inherent to the performance of a specific job.

**FROM ADAPTED VEHICLES
TO HEARING AIDS, PATF
FILLS FUNDING GAPS**

From Tracy Beck

Adapted vehicles, home modifications, computers and hearing aids are just some of the assistive devices the Pennsylvania Assistive Technology Foundation (PATF) helps to finance.

Many Pennsylvania residents do not have the necessary assistive devices they need because the devices are not funded by medical insurance or other funding sources.

PATF fills those funding gaps for older Pennsylvanians and Pennsylvanians with disabilities by providing low-interest loans with extended repayment terms. Loans of \$100 to \$1,000 have a 0% interest rate. PATF also provides information about other potential funding resources.

Pennsylvanians of all ages, income levels and disabilities are eligible to apply. PATF also extends loans to family members and friends for the purchase of wheelchairs, adapted vehicles, ramps and other assistive devices. Low monthly payments help make assistive technology more affordable.

If you are considering an assistive technology purchase and have the ability to repay a loan, call PATF for more information at 888-744-1938 (toll-free voice); 877-693-7271 (toll-free TTY); www.patf.us

**BROCHURES ON DOMESTIC
VIOLENCE AND BRAIN INJURY
AVAILABLE FOR DISTRIBUTION.
66% of abuse victims have a brain
injury—as do most abusers.**

BRAIN GAMES ON THE WEB

Prepared by Anna Marie Childress

PAID ON-LINE GAMES - progress is tracked—recommendations are provided.

Fit Brains (has a few free games) - <http://www.fitbrains.com/>

Luminosity Brain Games - <http://www.lumosity.com/>

FREE ON-LINE GAMES – you can adjust the sound and the speed.

Beach Soduko - <http://games.aarp.org/games/beach-sudoku.aspx>

Carniball - <http://games.aarp.org/games/carniball.aspx>

Cryptogram - <http://games.aarp.org/games/cryptogram.aspx>

Daily Rootonym - <http://www.uclick.com/client/mma/tmroo/>

Daily Roundup - <http://www.uclick.com/client/mma/ucwr/>

Disco Bowling - <http://games.aarp.org/games/disco-bowling.aspx>

Driver Safety Program Word Search

<http://games.aarp.org/games/dspword-search/dspword-search.aspx>

Easy Crossword - <http://games.aarp.org/games/crossword-easy.aspx>

Flash Arcade Solitaire - <http://www.uclick.com/client/mma/yw/>

Happy Neuron Games -

<http://www.happy-neuron.com/partners/index.php?refcode=006AARP>

(Split Words, Entangled Objects, Secret Files, The Towers of Hanoi)

Mahjong Garden (timed) - <http://games.aarp.org/games/mahjong-garden.aspx>

Play Four - <http://www.uclick.com/client/mma/pff/>

Print and Play Brain Teasers

http://www.aarpmagazine.org/games/printandplay_brain_teasers.html

Sudoku - <http://www.uclick.com/client/mma/sudoc/>

Universal Crossword - <http://www.uclick.com/client/mma/fcx/>

Universal Jigsaw Puzzle - <http://www.uclick.com/client/mma/uj/>

Universal Trivia - <http://www.uclick.com/client/mma/uftr/>

Up and Down Words - <http://www.uclick.com/client/mma/ucudw/>

Word Search - <http://games.aarp.org/games/word-search.aspx>

Wordsense Challenge - <http://www.uclick.com/client/mma/words/>

Survive with Pride

BOOKS YOU MAY ENJOY

ABOUT CHILDREN

An Educator's Manual, Savage & Walcott
Children with TBI, Schoenbrodt
Compensatory Systems for Students with
Brain Injuries, Glang
Pediatric Brain Injury, Blosser, DePompei
Rescuing Brain Injured Children, Pennock
What to Do About Your Brain-Injured Child,
Doman

FOR CHILDREN

How Does Your Brain Work?, Curry
It's All In Your Head, Funston & Ingram
The Great Brain Book, Newquist

BIOGRAPHY / AUTOBIOGRAPHY

Gifts from the Broken Jar, P.J. Long
I am the Central Park Jogger, Meili
In an Instant, Woodruff
My Stroke of Insight, Taylor
Over My Head, Osborn

BRAIN REPAIR

Hyperbaric Oxygen Therapy, Neubauer &
Walker
The Brain That Changes Itself, Doidge
The Healing Power of Neurofeedback
(LENS), Larson
The Oxygen Revolution: Hyperbaric
Oxygen, Harch & McCullough

REHABILITATION

Brain, Heal Thyself, Siles
Brain Lash, Denton
Change Your Brain, Amen
Self-help (Free) www.givebackorlando.com
The Mild TBI Workbook, Mason

TECHNICAL

Cognitive Rehabilitation, Sohlberg & Mateer
Neuropsychological Rehab, Leon-Carrion
Perspectives on Cognitive Neuroscience,
Lister

WHAT IS THE PREMISE ALERT SYSTEM?

www.papremisealert.com—Created by Susan Rzucidlo

The Premise Alert System provides families and individuals with a uniform method to alert first responders about special needs. It provides first responders with advance knowledge allowing for quick and educated responses during crises, evacuations, and disasters.

The Premise Alert Form can be found at www.papremisealert.com. This program began in 2004 and is currently on track to become a statewide program.

If you are interested, fill in the form with as much information as you want in the 911 database, sign it, and then take a copy to your local police department. They will review it and send a copy to the County 911 center. The information will be put into the system. You will want to send a new form and picture every 1 or 2 years, or if there are changes.

The form asks for a photograph—and any photograph is better than none. The best photograph is a close up of the person's face, like a passport or school picture. It is best if the background is plain. You can also make an appointment at your local police department and an officer will take a digital picture to attach to the form free of charge.

Premise Alert is helpful for mobility, cognitive, medical and other conditions.

VOLUNTEER SURVEY—complete and mail/fax page back!

NAME: _____ **COUNTY:** _____ **PHONE:** _____
EMAIL: _____ **Survivor** ___ **Family** ___ **Other** ___

YOUR SKILLS: Whatever your skill, we can use your help.

___ accounting	___ advertising	___ artist	___ attorney
___ baker	___ banking	___ board experience	
___ bookkeeper	___ computer techie	___ consumer satisfaction surveyor	
___ folding newsletters	___ fundraising	___ marketing	___ musician
___ real estate	___ speaker	___ stapler	___ writer
___ ?	___ ?	___ ?	___ ?

VOLUNTEER OPPORTUNITIES: Check off any ways you want to help.

- ___ 1. I could sit at a local information table and hand out brochures. (We provide the brochures, tablecloth with logo, and stand-up Velcro display board.)
- ___ 2. I could contact my state Representative and Senator and ask them to join the Brain Injury Caucus. (Locate them through www.legis.state.pa.us. Ask us for directions.)
- ___ 3. I could provide the names of potential large donors that I could visit with someone from ABIN-PA. (Contributions are always needed to fund our free services.)
- ___ 4. I can send in my donor envelope with \$5 or more to keep ABIN-PA in operation.
- ___ 5. I can arrange a location, advertising, and registration for a Peer to Peer Training near me. (We will supply flyers, a speaker, and a manual for each person.)
- ___ 6. I like to talk to people. I could become a phone volunteer. (We provide training.)
- ___ 7. I could serve on the Board and regularly attend by phone or in person (monthly in Lansdale on Sundays from 2-4pm). Survivors and family members only.
- ___ 8. I could take brochures to my police stations. (We will mail you one for each officer.)
- ___ 9. I could represent ABIN-PA regularly at a local cross-disability meeting such as a resource collaborative, forensic task force, Local Housing Option Team, or any other group where local disability organizations send their representatives. (We provide training.)
- ___ 10. I could start a local Brain Injury Support Group. (We provide training, flyers.)

CHOOSE GRATITUDE AS YOUR ATTITUDE

Newsletter Sign-Up, Donations & Tributes

ABIN-PA is dedicated to increasing public awareness about acquired brain injury and to providing support, education, information, advocacy and other services for individuals with acquired brain injury and their families.

DATE: _____ NAME: _____ PHONE: _____

STREET: _____ CITY: _____

STATE: _____ ZIP: _____ COUNTY: _____ SURVIVOR: _____ FAMILY: _____ OTHER: _____

EMAIL: _____

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

IN HONOR OF (Name): _____ (Reason): _____

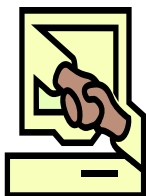
(Address): _____

IN MEMORY OF Name): _____ (Family contact): _____

(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.

PLEASE REMEMBER ABIN-PA IN YOUR WILL.



**ACQUIRED BRAIN INJURY NETWORK
OF PENNSYLVANIA, INC.**
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US POSTAGE PAID
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PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.