

**ACQUIRED BRAIN INJURY
NETWORK NEWS
June 1, 2009—2009/#06
Survivors and Family Members
Building Lives of Meaning, Joy and Value**

Greetings!

Ask your friends and co-workers to check their Medicare, Medical Assistance, private and employer health insurance for cognitive rehabilitation therapy. This is the help needed to return to work after a brain injury. Every health insurance policy should include brain injury rehabilitation.

This issue contains:

PAGE

1. Events, PA Brain Injury Caucus, Inglis
2. Neurofeedback, Resources
3. Family Hope Center (care for kids)
4. Recreation Resources
5. Shared-ride contact information
6. Sign-up form—donations, newsletter

Hoping you can join in the June 24th Telephone Discussion—or maybe the July 12th board meeting and potluck.

Did you like our 1st Annual Report?

Barb Dively

**TELE-DISCUSSION: BRAIN
INJURY CHALLENGES FAMILIES**

**5:00-6:30 P.M.—June 24th, 2009
Teleconference Numbers:
1-218-862-1300, Password 127105**

**RSVP for SUMMER POTLUCK—
BRING FAMILY & FRIENDS**

4:00 pm July 12 at Dively's

URGENT—PA B. I. CAUCUS

Please ask your Representative and Senator to support those disabled by brain injury and their families by joining the Caucus. The goals of the Caucus are to support the creation and funding of a Bureau and address the goals of the Brain Injury Recovery Task Force.

**For legislator info go to:
www.legis.state.pa.us**

**THE INGLIS FOUNDATION
has chosen ABIN-PA to receive a
2009 AWARD
FOR CONTINUING EXCELLENCE.
More details to follow!**

**Our Sympathy to Families & Friends of
MARGE HERVEY and JOHN SEARS.
Both were Strong Advocates
For Our Brain Injury Community.**

ABIN-PA EVENTS

Call (215) 699-2139 for directions.
Tues. June 2, 1-3 pm—Mailing Party
Sun. June 7, 2-4pm—Board Mtg. TC
Wed. June 24, 5-6:30pm—Support TC
Tues. June 30, 1-3 pm—Mailing Party
Sun. July 12, 2-4pm—Board Mtg. TC
plus 4-7pm—Annual Potluck!
**TC means a Teleconference:
1-218-486-1300, Password 127105**

NEUROFEEDBACK RETRAINS THE BRAIN

Neurofeedback offers an empowering and non-invasive approach to enhance the recovery of individuals struggling with acquired brain injuries. This is an evidence-based method which, specifically, targets brain function.

Brain cells communicate with each other and produce electricity or brainwaves. Neurotherapists consider many aspects of brainwave activity reflective of specific mental states; such as speed, dominance, and location. Different mental states are necessary for different life functions. Function and quality of life are often impacted when brainwave activity becomes disregulated.

Problems related to acquired brain injuries such as memory difficulties, poor concentration, headaches, dizziness, depression, cognitive processing difficulties, anxiety, fatigue, irritability, poor speech fluency, and sleep disturbance are often, associated with patterns of disregulation.

In neurofeedback training, small sensors are placed on the head to detect electrical activity. They are safe, do not enter the skin, and are painless. No electrical currents are transmitted to the client.

The faint signals are picked up from the scalp and sent to a very sensitive amplifier. The signals are processed by the computer and presented most often as visual and auditory information. This feedback mirrors the activity of the brain with timely precision.

Importantly, feedback is used to reward the brain for improved regulation. Reward increases the likelihood that the behavior will be repeated and, so, the brain is gently trained toward better self-regulation. Meaningful results become evident as functional abilities and quality of life are recovered.

I invite you to begin a more thorough investigation of neurofeedback by visiting:
www.ImproveCognitiveSkills.com and www.ISNR.org.

Michaelann Velicky, OTR/L
MindView Neurofeedback and Cognitive Training
610-506-6729, Velickym@comcast.net

RESOURCES

ABIN-PA Brain Injury InfoLine 1-800-516-8052	Housing—PHFA www.phfa.org 1-717.780.3988
BIAPA Brain Injury Resource Line 1-866-635-7097	PA Head Injury Program 1-717-772-2762
Brain STEPS—school children 1-724-944-6542	Pennsylvania Health Law Project 1-800-274-3258
DOH Brain Injury Help Line 1-866-412-4755	Special Education Consult Line 1-800-879-2301
Disability Rights Network 1-800-692-7443	Waiver Help Line—CommCare, etc. 1-800-757-5042

[NOTE: All disabled Pennsylvania children are Medicaid-eligible thus entitled E.P.S.D.T. services under federal Medicaid law section 1396 (d)(r)(5). Children with brain injury are thus entitled to rehabilitation; however, you must request help from the Special Needs section of your child's Medical Assistance physical health care plan. Ask for reimbursement for services like The Family Hope Center (below) where parents are learning to rehabilitate their children with impressive results as measured by the WeeFIM assessment tool.]

Families of Special Needs Children Find Hope AND Results ***Delaware Valley center offers chance at normal life for kids around the world*** ***By Mary Klaus for The Family Hope Center***

"Your child will never lead a normal life" – so goes the prognosis often heard by parents of kids with special needs. For parents lucky enough to find The Family Hope Center (FHC), the forecast is quite different. It maintains instead - *Your child's life can be changed.* This was true for the Singers, and for thousands of other families whose children had been diagnosed with a wide spectrum of developmental disorders including Autism, Cerebral Palsy, Brain Injury, ADD, and Down syndrome. For them, The Family Hope Center has meant just that, hope for the entire family.

Hope borne of results. Working with over 15,000 parents to date, both here and abroad, The Family Hope Center can claim an uncommon expertise in the treatment of brain injury in children. Its unique methodology has been shown to be effective regardless of the cause or severity of the impairment. Working closely with families, FHC has seen children go from paralysis to physical excellence, from blindness to sight, from far below average intelligence and social awareness to above average in both – defying a whole list of diagnoses that fall under the heading "disabled."

Fortunately, The Family Hope Center doesn't believe in "disabled." An independent, university-based study bears out the benefit of ignoring such labels: reports from this ongoing study show remarkable gains for children on Family Hope Center programs, especially when compared to results from other facilities across the United States.

"The brain has an incredible capacity to respond and improve with the correct stimulation," says Matthew Newell. "Our job is to give parents the tools to make it happen." The tools he refers to - a comprehensive and integrative program comprised of physical, nutritional, social and cognitive therapies - are tailor-made for each child by the Center's team of experienced, caring professionals.

Parents start by attending a three-day seminar, in which the brain and brain development are thoroughly explained. The seminar is followed up by a comprehensive two-day evaluation - a complete audit of the child's abilities, pinpointing the location of the injury in the brain so that treatment can be specifically targeted to that area. With an understanding of how the brain has been compromised and where the child is in terms of his neurological situation, the damaged pathways in the brain are targeted for healing, so that learning can occur.

Believing that there is no one better suited to help their child, The Family Hope Center trains the parents to carry out the therapy at home, with on-going guidance, follow-ups and lots of encouragement. "Loving families," says Carol Newell, "make the very best therapists." Parent Dave Singer returns the compliment. "Jake's a totally different child today, and it's because of the support and hope we've gotten all along the way from The Family Hope Center." "The results are telling," adds his wife Sue. "Big time." For more information, www.familyhopecenter.org, 800.888.9370.

*Reports by Uniform Data System for Medical Rehabilitation (UDSMR), an independent, university-based non-profit that has developed the world's most widely used system, "WeeFIM," for assessing abilities and disabilities in children.

Also visit **PARENTS WITH HOPE.ORG**, *Online Support for Parents of Children diagnosed with Developmental Delays* - www.parentswithhope.org, support@parentswithhope.org

RECREATION RESOURCES

ADAPTIVE SPORTS EQUIPMENT: Go to: <http://www.usatechguide.org/index.php> and click on “The TechGuide” in the left hand column. All sports and all disabilities are covered.

AIRPLANE TRAVEL—accommodations: Go to <http://www.flying-with-disability.org/> for general information for every airline. For your trip, contact your travel agent or airline at least 48 hours in advance to see if your accommodations are possible—plan ahead.

CAMPS—special needs: Search on “special needs camp PA”. For guidance on choosing a camp, go to: <http://www.campparents.org/newsletter/0711/article3.html>. For a list of camps, go to: <http://www.campchannel.com/> and find 211 options using their old list of camps that accommodate special needs. Choose the closest category, perhaps learning disabilities.

FEDERAL PARKS—free permanent pass: Go to http://www.nps.gov/fees_passes.htm or search on “America the Beautiful National Parks and Federal Recreational Lands Pass”. Scroll down to the free pass. Take documentation of your disability to a federal park in person. This pass admits you and three adults, children are free. The pass holder may receive a 50% discount on some Expanded Amenity Fees such as camping, swimming, etc.

RECREATION & LEISURE LINE: Call 1-800-986-4550 or TTY 1-877-232-7640 Monday through Friday from 8am to 8pm, and Saturday from 9am to 3pm for accessible, inclusive activities such as: athletic programs; parks and recreation areas; camps; cultural enrichment activities; hobby and craft instruction; professional sporting events; wheelchair accessibility; hearing, vision, speech and behavioral accommodations; intrastate travel opportunities, etc.

STATE PARKS—accessibility and accommodations: Go to <http://www.dcnr.state.pa.us/stateparks/index.aspx> or search on “PA State Parks”. Use the map to click on the area you want to visit, and then choose a state park. All of the features are described. Look for the wheelchair sign for accessible features. For accommodations to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice), 888-537-7294 (TTY), 711 (AT&T Relay Services). With three days advance notice, interpreters for people who are deaf or hard of hearing are available for park interpretive programs. Alternative formats are available for State Park publications. People with a disability can receive a \$4 discount from the base campsite price upon request. The discount will be \$4.50 in 2009.

TRAIN TRAVEL—accommodations: Go To www.amtrak.com and click on “Traveling with Amtrak”. Then click on “Special Needs and Accessibility”. You will find information on making reservations for accessible space, station accessibility, wheelchairs, oxygen equipment, service animals, Thruway Motorcoach service and accessibility, and meal service for those with disabilities.

Survive with Pride

TRANSPORTATION FOR PERSONS WITH DISABILITIES

Pennsylvania provides Shared-ride Transportation Service to People with Disabilities for reduced fares in some counties. To qualify, you must have difficulty caring for yourself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, or working. Find your county transit provider below. Call and ask for an application for Shared-ride.

Adams	(717) 337-1345
Allegheny –Port	(412) 566-5500
Armstrong-Mid	(724) 548-8696
Beaver-Transit	(724) 728-8600
Bedford	(814) 623-8148
Berks-Area	(610) 921-0605
Blair-Senior	(814) 695-3500
Bucks-SEPTA	(215) 580-7145
Butler-Community	(215) 284-5125
Cambria-Transit	(814) 535-5526
Cameron-Area	1-866-282-4968
Capital-Transit	(717) 232-6100
Carbon	(610) 435-3646
Centre-Area	(814) 238-0625
Centre	(814) 355-6807
Chester-SEPTA	(215) 5807145
Clarion	(814) 226-7012
Clearfield-Area	1-866-282-4968
Clinton-STEP	(570) 326-0587
Columbia	(570) 784-1550
Crawford- Area	(814) 336-5600
Cumberland	(888) 697-0371
Delaware-SEPTA	(215) 580-7145
Bradford-Endless	(570) 888-7330
Elk-Area	1-866-282-4968
Erie-Metropolitan	(814) 455-3330
Fayette	(724) 628-7433
Forest	(814) 927-8266
Franklin	(717) 264-5225
Fulton County	(814) 623-8148
Greene	(724) 627-6778
Huntingdon	(814) 623-8148
Indiana-Trans	(724) 465-5648
Jefferson-Area	1-866-282-4968
Juniata	(717) 242-2277
Lackawanna	(570) 963-6795
Lawrence-Allied	(724) 658-7258

Lebanon-Transit	(717) 274-3664
Lehigh-Trans	(610) 435-3646
Luzerne	(570) 288-8420
Lancaster-Red Ros	(717) 397-5613
Lycoming-STEP	(570) 326-0587
McKean-Area	1-866-282-4968
Mercer	(724) 981-1561
Mifflin	(717) 242-2277
Monroe-Trans	(570) 839-8201
Montgomery-SEPTA	(215) 580-7145
Montour	(570) 271-0833
Northampton-Trans	(610) 435-3646
Northumberland	(570) 644-4462
Perry	(717) 567-2490
Pike	(570) 775-5550
Philadelphia-SEPTA	(215) 580-7145
Potter-Area	1-866-282-4968
Schuylkill	(570) 429-2805
Snyder-Alliance	(570) 522-1390
Somerset	(814) 445-9628
Sullivan-Endless	(570) 888-7330
Susquehanna-Barnes-Kasson Hospital	(570) 853-4510
Tioga-Endless	(570) 888-7330
Union-Alliance	(570) 522-1390
Venango	(814) 432-9760
Warren	(814) 723-1874
Washington	(724) 223-8747
Wayne	(570) 253-4262
Westmoreland-Byers	(724) 567-6762
Westmoreland-Greens	(724) 836-4688
Westmoreland-Manor	(724) 864-7005
Westmoreland-VetCab	(724) 537-7704
Westmoreland-Vet-Tri	(724) 537-7704
Wyoming	(570) 288-8420
York	(717) 846-5562

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

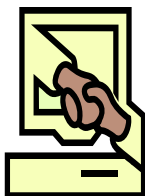
IN HONOR OF (Name): _____ (Reason): _____

(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.



ACQUIRED BRAIN INJURY NETWORK OF PENNSYLVANIA, INC.

2275 Glenview Drive, Lansdale PA 19446-6082

215-699-2139 InfoLine: 800-516-8052

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

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.