

ACQUIRED BRAIN INJURY NETWORK NEWS

December 1, 2010—2010/#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

Greetings!

Thanks to our monthly donors and those who have sent in their Fall Appeal donations.

Opportunities for action always remain:

- Send in your Fall Appeal—every \$1 helps!
- Volunteer for the board—page 1 & 2.
- Take on a volunteer position—page 2.
- Volunteer as part of your rehab!
- Complete the 2010 web survey—89 so far! Survey closes December 31st.
- Distribute brochures after phone training.

Please stay up on the COMMCARE situation in case we need your help—page 4.

Put the **HOLIDAY POTLUCK** on your calendar for **4pm Dec.12th**. Call or email your RSVP. Earlier the same day you are welcome to attend our **Planning/Policy Discussion** from 1-2pm and board meeting from 2-4.

Did you hear **Pat Strenk on WNPV 1440AM**? She was on Indian Valley Live with John Ralston on December 6th! If you can arrange a radio interview on a community station, we can send you information!

Thanks to **Jonathan Neve** for a beautiful graphic of our **proposed logo**. After board review, you will see it here for comments.

Barb Dively

P.S. 771 subscribers & 16,518 web visitors!

ABIN-PA SCHEDULE

Board Meetings (Phone in!) Sundays 2-4pm
Lansdale. Call-in 1-218-862-1300, PC127105.

Dec.12 1pm Planning/Policy, 2-4 Board,
4pm **HOLIDAY POTLUCK**. Lansdale.

Newsletter Mailing Tues. 1-3pm 12/7 Lansdale

BOARD MEMBERS NEEDED

ABIN-PA has a working board and needs volunteers with specific skills at this time. The Board elects its own Directors for 3 year rotating terms and its own Officers for one year terms. For general board requirements, see page 2. Please send an email explaining why you are interested and which position you are interested in filling. Please attach a resume or brief biography explaining your skills for this position. Here are the available positions:

1. Board Secretary - use email and WORD for meeting notices, donor correspondence, minutes.
2. Board Treasurer—supervise volunteers who handle bills, deposits, budget, grants, filings, financial statements, and QuickBooks on-line data entry. Interact with the accountant.
3. Board Finance Committee Chair - review finances four times a year and as needed.
4. Any of the positions listed on page 4.

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PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

VOLUNTEER POSITIONS AVAILABLE WITHIN ABIN-PA

ABIN-PA needs a few volunteers with specific skills. Please send a resume or brief biography and why you are interested.

1. Fundraiser #1 - one event each year.
2. Fundraiser #2 - 3 appeals per year.
3. Volunteer Coordinator—recruit, train, supervise and honor our many volunteers
4. Grant writer - three proposals per year.
5. Program Specialist - 6 family/survivor training seminars per year.
6. Event Planner - annual conference.
7. Statistician - institute and maintain a data collection system on our service delivery.
8. IT - use Dream Weaver, HTML, ASP, SQL Server, and stored procedures for the website & database.

GENERAL REQUIREMENTS FOR ABIN-PA BOARD MEMBERS

- be a survivor or family member
- attend board meetings every month in person or by phone;
- follow the Bylaws;
- assure that ABIN-PA complies with all state and federal regulations;
- act in the best interests of the organization;
- respond promptly to board emails;
- be recognized publicly as a survivor or family member;
- serve on one committee each year;
- assure that ABIN-PA has required funds;
- assist with each fundraising effort;
- disclose any conflicts of interest;
- contribute financially each year; and
- accept a specific responsibility.



Holding Standards High.



Services include:

- Physical, occupational, speech, language and cognitive therapies and psychological counseling
- Case management
- Medical services including on-site nursing, neurological, physiatric and psychiatric treatment
- Vocational services from sheltered employment through to community placement
- Residential services on a main campus, in community group homes and supported community apartments
- Outpatient services

For over three decades Beechwood's interdisciplinary brain injury program has been competitively priced and is nationally recognized for its comprehensive community-integrated approach. As a not-for-profit rehabilitation program, Beechwood has demonstrated that it is possible to provide state-of-the-art treatment at a reasonable cost to the consumer.

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Beechwood does not discriminate in services or employment on the basis of race, color, religion, sex, national origin, age, marital status, or presence of a non-job related medical condition or handicap.

SUPPORT ABIN-PA BY ADVERTISING YOUR SERVICES
2011 Newsletter Advertising, Web Archives & Optional Web Link

Almost 800 families, survivors and key decision makers will receive your ad in our newsletter each month. Your ad will be archived on our website and your optional home page weblink would be easily visible—16,075 visitors so far! Consider promoting your services by supporting ABIN-PA. Rates below are for January-December 2011. Contact us at 215-699-2139 or info@abin-pa.org. JPG of ad required. Dark copy extra.

12 Issues	Web Link	Rate
1/4 page	Yes	\$2,450
1/4 page	No	\$950
1/8 page	Yes	\$1,975
1/8 page	No	\$475

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www.Ride-AwayPA.com

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(Malden, MA)

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Steve poses here with his Ride-Away
Mobility Consultant, Dave Qualey, of the
Londonderry, NH facility.



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modified vehicles for people with disabilities.

ABIN-PA's MISSION

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.

CHOOSE GRATITUDE AS YOUR ATTITUDE

**Contact
info@abin-pa.org.
to Switch to Email Delivery
or Change Your Address.**

RESOURCES

(PDO = “PA Department of”)

- Brain Injury Help Line—PDO Health
[1-866-412-4755](tel:1-866-412-4755)
- Brain Injury InfoLine—ABIN-PA
[1-800-516-8052](tel:1-800-516-8052)
- Brain Injury Resource Line—BIAPA
[1-866-635-7097](tel:1-866-635-7097)
- Brain STEPS—school children—BIAPA
[1-724-944-6542](tel:1-724-944-6542)
- Client Assistance Program for
OVR & CIL [1-888-745-2357](tel:1-888-745-2357)
- Consumer Protection—PA Atty. General
[1-800-441-2555](tel:1-800-441-2555)
- Crime Victim's Benefits
www.pbpp.state.pa.us
[1-800-563-6399](tel:1-800-563-6399) and [1-800-233-2339](tel:1-800-233-2339)
- Defense & Veterans Brain Injury
[1-814-255-8601](tel:1-814-255-8601)
- Disability Rights Network
[1-800-692-7443](tel:1-800-692-7443)
- Domestic Violence Hotline—Nat'l
[1-800-799-7233](tel:1-800-799-7233)
- Head Injury Program—PDO Health
[1-717-772-2762](tel:1-717-772-2762)
- Health Law Project—Public benefits
[1-800-274-3258](tel:1-800-274-3258)
- Managed Care—Health Insurance
[1-888-466-2787](tel:1-888-466-2787) PDO Health
[1-877-881-6388](tel:1-877-881-6388) PDO Insurance
- Parent to Parent - Mentoring
[1-8880727-2706](tel:1-8880727-2706)
- Resources for Daily Living—Inglis
www.easiresources.org
- Self-Determination Housing Project
[1-877-550-7347](tel:1-877-550-7347)
- Special Ed Consult Line—PDO Educ.
[1-800-879-2301](tel:1-800-879-2301)
- National Volunteer Programs
www.nationalservice.gov
- Voting Issues—PDO State
[1-877-868-3772](tel:1-877-868-3772)
- Waiver Help Line—PDO Public Welfare
[1-800-757-5042](tel:1-800-757-5042)

COMMCARE WAIVER CONCERNS

Per our 11/01/2010 article, COMMCARE applicants are being placed on a waiting list or referred to the Independence Waiver until PA comes into compliance with new federal requirements. State compliance may affect some current COMMCARE Waiver participants.

- A new rate structure will be released December 8th and become effective January 1st. Providers will need to evaluate the effect of these rates on their COMMCARE programs. It is hoped that rates will rise as there has been no change since the waiver began 10 yrs. ago.
- COMMCARE will now pay for residential services only if facilities are licensed as Personal Care Homes or CARF accredited. Facilities with fewer than 4 beds can not be licensed in Pennsylvania so it is hoped that CARF accreditation costs will be added to the rates.
- COMMCARE will now pay for residential services only in facilities with 4 to 8 beds but it is hoped that existing facilities can be grandfathered in or given two years to comply.
- COMMCARE will now pay for community integration services only if provided one-on-one. It is hoped that a group option can also be provided for residential facilities.

About 650 Pennsylvanians participate in the COMMCARE Waiver through one of 14 brain injury rehabilitation providers, with about 125 being served in residential programs. PA is keeping the Brain Injury Coalition informed about their progress in resolving these issues.

Please notify ABIN-PA if you have questions or experience difficulties.

ATTENTION CONSUMERS

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PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

Brainwave Optimization (BWO)

by Kris Pitcairn

Lee Gerdes, the developer of BWO and founder of Brain State Technologies, needed help after suffering a mugging that included baseball bat blows to his head. He tried many different healing modalities because he struggled for several days every time he switched from logical left brain thinking to creative right brain thinking. He also had problems with excessive and explosive anger.

With a varied and extensive background in math, physics, psychology, systems analysis and management, Gerdes developed BWO to help himself. Now, 10 years later, Brain State Technologies has over 120 licensed affiliates providing BWO in 14 different countries.

So, exactly what is this "process"? BWO uses high resolution, relational, electroencephalic mirroring to balance and integrate an individual's brain energy between the lobes, from front to back, and also across the two hemispheres. This high tech, yet holistic process allows the brain to "see" and thereby correct itself. BWO focuses on the relationships of the individual's brain regions to one another, rather than to population averages or norms. Since the brain is the control unit of the body, when its' function is optimized, our mind and body follow suit.

The client experiencing BWO can relax, doze, or even fall asleep while the brain itself releases the old, irrelevant yet often frustrating, traumatic patterns, and creates new, healthier neural networks.

Some may ask how BWO differs from LENS neurofeedback. The difference is that LENS requires operant conditioning and uses electricity, while BWO **uses only sound**.

What conditions have been helped by BWO? Clients with depression, sleep issues, anxiety, brain injury, learning disabilities, cognitive challenges, addictions, and posttraumatic stress disorder have chosen BWO, especially when other well chosen options have met with limited or no success. While BWO does not treat, diagnose, or cure, this process may bring an individual's brain into greater balance and harmony, creating calm, focus, and clarity while optimizing function.

For more information, visit Brain State Technologies at www.brainstatetech.com or contact Kris Pitcairn at The Evolutionary Brain, www.theevolutionarybrain.com, Huntingdon Valley, PA, licensed affiliate.

INCIDENCE OF SPORTS CONCUSSIONS

Distributed to the Brain Injury Coalition by Mike Miller

The American Association of Neurological Surgeons (AANS) website www.aans.org includes a section on sports-related head injuries, which cause about 21% of traumatic brain injuries among American children and adolescents. According to AANS, hospital emergency rooms treated an estimated 446,788 sports concussions in 2009, an increase of about 95,000 over 2008. The sports with the highest number were cycling (85,389); football (46,948); baseball and softball (38,394); basketball (34,692); and water sports (21,184). Look for specific information on boxing, cheerleading (96% during stunts), cycling, football, horseback riding (most dangerous), snow skiing/snow boarding and soccer plus prevention, terms, and rule changes.

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

Telford resident works to raise awareness about brain injury

Published: Friday, October 08, 2010

Pat Strenk of Telford is working to raise awareness about brain injury after suffering from her own traumatic brain injury in a car accident.

**By Erin DuBois
Associate Editor**

You can't understand something until you've experienced it. That's why Pat Strenk, of Telford, said she is working to raise awareness about brain injury. "Maybe I can bring to light some things people don't know," Strenk said.

Strenk currently serves as the Montgomery County education coordinator for the Acquired Brain Injury Network, but nearly 20 years ago she was a seamstress at Merrill Landis Ltd. in Telford.

Strenk managed the cushion and pillow department; made bedspreads, canopies and dust ruffles; and helped other employees when their machines stopped working properly. She trained new employees and helped her supervisor assess when they were ready to move on to specific tasks.

Strenk began her own home sewing business six weeks before the event that changed her life.

A car accident one Sunday morning left her infant son uninjured, but Strenk sustained a broken pelvis and a traumatic brain injury.

Strenk was airlifted to Lehigh Valley Hospital and then spent nearly four months at Bryn Mawr Rehabilitation Hospital. Once home, she made daily trips for the next two months to the Good Shepherd Rehabilitation Hospital in Allentown.

After attending physical therapy sessions twice a week for three months at Grandview Hospital, Strenk still needed more therapy, but her insurance would no longer cover the sessions.

Friends from Souderton Mennonite Church and Laymen Playmen, a multid denominational theater group at Grace Evangelical Church in Hatfield, drove Strenk to therapy sessions while her husband was at work.

"You find out who your friends are," Strenk said. "Then there are people who tend to stay away, mostly because they don't understand."

Strenk said that she became upset at first when people didn't seem to want to have anything to do with her anymore. The "good faith support" she received at church, however, helped her maintain a positive attitude.

When Strenk was ready to begin attending church again, Lydia Clemmer, a friend from Souderton Mennonite Church, offered to drive her.

Strenk drove Clemmer's elderly mother to church for seven years prior to the accident.

Driving Strenk was never just about helping someone else out, Clemmer said.

Even after Strenk got her driver's license again, Clemmer continued to pick her up since the two enjoyed their time together so much.

"If people can just give her the time to speak, she's a wealth of knowledge," Clemmer said.

After returning to church, Strenk worked to restore her marriage, which had taken a toll from the accident, according to Clemmer.

Clemmer went to see Strenk in the hospital every day after Strenk suffered a setback from pneumonia and had to learn to walk again.

Despite her difficult circumstances, Strenk's faith blossomed, Clemmer said.

"She never looks to the past. She just keeps going."

Strenk worked with Barb Dively, of Lansdale, to start the Acquired Brain Injury Network as a way to support survivors of brain injury and their families.

Continued from page 6.....

Telford resident works to raise awareness about brain injury

Dively, president of ABIN, sustained a brain injury when her car was struck by a drunken driver in 1989. After serving with the Brain Injury Association of Pennsylvania for three years, she started ABIN with a support group and newsletter in 2006.

The mailing list of 100 people who received the first newsletter has grown to 750 currently, Dively said.

ABIN offers an information line, along with information tables and presentations around Pennsylvania.

Dively serves on a number of state boards, including the Governor's Advisory Board for People with Disabilities.

ABIN received the Ingliss Award for Continuing Excellence last year, Dively said.

Strenk and Dively gave a workshop on how faith communities can include persons with brain injury at Peaceful Living's Divine Power of Friendship Conference Sept. 24-26.

"Disability doesn't equal inability," Dively said during the workshop.

Congregation members should view people with brain injury as "differently-abled" and have "a receptive willingness to be flexible and creative" in order to help them participate in the faith community, Dively said.

Strenk's vision for ABIN is simply "to make things better for others going through [brain injury]." For more information about the Acquired Brain Injury Network, visit www.abin-pa.org/

NOTE: Pat & Barb were interviewed at the Peaceful Living Conference where they gave strategies for including those with brain injury in the congregational worship.

THANK YOU TO OUR CONTRIBUTORS

OCTOBER John & Barb Dively, Bob Drucker, Kay & Gordon Rowe, Mike & Denise Westerfer.

In Honor of Danny's Recovery
from Bob Drucker.

In Memory of Bruce Rogers
from Sandy Rogers.

NOVEMBER Bob Drucker, Kay & Gordon Rowe, Elaine Seiler, Gary Shepherd, Irene Webster, Mike & Denise Westerfer.

In Kind John Dively, Advertising.

DECEMBER Catherine Barrett, Marta Bivins, John & Barb Dively, Bob Drucker, Dee Faison, Sandy Rogers, Kay & Gordon Rowe.

DENISE SEZ...

Was I better before or after the initial hit of a brain injury? I'll always have it. Well, things are certainly different! I feel special because of having been going through it. I've been through a lot, and continue to do so.

I feel like I know more. A lot more! Not necessarily by choice, either! I know a lot more medical terms. I feel smarter. Believe me, I didn't want to know more, especially about medical terms. I'm not that kind of person!

My brain injury has affected me more physically than mentally. I don't mean in looks, I'm still that beautiful person, lol. I use a wheelchair, because my balance is terrible. I do walk a little, very little right now. I don't use my right hand as much. It's basically affected my right side. Plus, I don't have much speech. Although, I did have a good day today.

So, to answer the question, was I better before or after the brain injury? I'm just different. But I am happier.

Denise Patterson

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

(Family address): _____

Make check out to ABIN-PA and mail to: ABIN-PA, 2275 Glenview Drive, Lansdale PA 19446.

ABIN-PA is a 501(c)(3) Pennsylvania nonprofit corporation. Contributions are tax deductible. 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.

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