

ACQUIRED BRAIN INJURY NETWORK NEWS

March 1, 2010—2010/#03

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 St. Patrick's/Shamrock Day!

We have some excitement in store for you that might match finding a four leaf clover!

First, we have our first **Leadership Training** in three cities around the state. If you can attend, I think you will be very pleased. Please pick a city and send in your forms!

Second, we send our **Peer to Peer Manual** to our subscriber list this month. Survivors and families produced a wonderful manual that you can use for yourself, your family, your friends, and your support group. Let us know what you think!

AND—we have new volunteer opportunities:
- training for **phone** volunteers (page 4)
- displays & tablecloths for local **health fairs**
- phone training for **support group leaders**.

As always you are encouraged to attend our board meetings and mailing parties. We always have fun. Everyone is welcome!

Barb Dively

ABIN-PA SCHEDULE

Brain Injury Window 3/16-3/28 One North Church Street, W.Chester, Sen. Dinniman.

Leadership Training Saturdays—4/17 Philadelphia, 4/24 Pittsburg, 5/8 Camp Hill.

Board Meetings (Phone in!) Sundays 2-4pm on 3/7, 4/11, 5/16, 6/13 (Potluck), 7/11, 8/8, 9/12, 10/10, 11/7, 12/12.

(PH:1-218-862-1300, PassCode 127105)

Newsletter Mailing Parties

Tuesdays 1-3pm on 3/2, 4/6, 5/4, 6/8, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7.

SEND IN YOUR REGISTRATION !

BUILDING A BETTER FUTURE 2010 Leadership Training for Survivors & Family Members

Saturday 9am—3pm

4/17/2010—Philadelphia

Jenifer Simpson, AAPD

4/24/2010—Pittsburgh

Rachel Freund, MHA

5/8/2010—Camp Hill (Harrisburg)

Wendy Wood, PMHCA

PROGRAM (Includes Lunch)

10am—Leadership for Change

11am—Cross Disability Panel

1pm—Brain Injury Organizations Panel

2pm—ABIN-PA Peer to Peer Manual

PARTICIPANTS

ABIN-PA, BIAPA, CILCP, DRN, PARF,
PATF, PEAL, PLBICC, SFO, TBIAB

Sponsored by ABIN-PA through an
Inglis Foundation Award

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ABIN-PA MATTERS

BOARD MEETING LOCATION

March at the DoubleTree in Plymouth Meeting and hopefully all future meetings.

OPERATIONAL PLANNING

Linda Collins will continue working with the board under the Inglis Award to help turn our Strategic Plan into reality.

BRAIN INJURY AWARENESS MONTH

Dorene Pasekoff' is leading the group that is preparing a window display in West Chester. See the article on page 5.

CHECK US OUT ON FACEBOOK

We are now up on FaceBook, also thanks to Dorene Pasekoff! We are getting inquiries from folks who have found us there!

REQUEST DISPLAY MATERIALS FOR INFORMATION TABLES.

Thanks to the Inglis Foundation, ABIN-PA now has tablecloths, display panels, promotional pens and magnets. Please let us know what you need for a table at your church health fair, mall, or other event. We also print and mail the brochures you select.

LOGO

We continue to explore possibilities. Send any thoughts you may have.

REGISTER FOR TRI-CITY SPRING LEADERSHIP TRAINING NOW

Please send in your registration forms. The mailing was done by the Wernly Family—Terri, Alyson, Meredith, Kyle, and Natalie—plus a few Dively's.

PEER TO PEER TRAINING MANUAL BEING MAILED TO ALL—PRESENTATION AVAILABLE FOR SUPPORT GROUPS

Please copy and share, request a visit for a presentation to your support group, or ask for phone training for group use of this manual.

PA LEGISLATIVE BRAIN INJURY CAUCUS COMMITTEE

Michael J. Miller, Chair

LEGISLATIVE CO-CHAIRS

Senate—Senator Andy Dinniman
(we need a Republican co-chair)
House—Representative Kortz
and Representative Stevenson.

CLOSED HEARING IN HARRISBURG

We expect to participate in Representative Stevenson's brain injury hearing on March 16th to receive the concerns of the brain injury organizations but attendance is limited to one representative from each organization on the Caucus Committee. Each organization is preparing their testimony. Supporting documents on a CD will include the DPW HCBS SPT Report, DPW OMHSAS Mercer Report and the DPW Brain Injury Recovery Task Force Report.

APRIL 20 LEGISLATIVE DAY

Please join us in Harrisburg for this event—to show that the brain injury community is serious about having their needs addressed. Placards will be provided or you can bring your own. After the 10 am press conference in the Rotunda, you are urged to visit your legislators in the same building and provide information about brain injury. Please contact ABIN-PA for help in arranging these visits. Those who cannot travel to Harrisburg are urged to call or visit their legislators locally that same week. More details to follow.

ADVERTISING RATES

| SIZE | ANNUAL | TO YEAR END |
|---------------|---------|-----------------|
| Business Card | \$250 | \$25 per month |
| Quarter page | \$350 | \$35 (vertical) |
| Half page | \$500 | \$50 (vertical) |
| Full page | \$1,000 | \$100 |

SHOP AMAZON FROM
www.abin-pa.org

Each month, ABIN-PA gets a few dollars from people who shop online at Amazon through our website. Whenever you need to order anything on line, give it a try. Go to www.abin-pa.org. In the left hand column, click on “Buy at Amazon”. Type your product into the Amazon search line and hit GO. Double click on one of the product pictures and you will reach the Amazon website. You don’t pay any extra, but ABIN-PA gets a donation. Please try it. Thanks in advance!

It's that EASY.

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 Complaints
[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 Benefits—PDO Corrections
[800-322-4472](tel:800-322-4472)

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
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)

888-Ride-Away
www.Ride-AwayPA.com

*“(Ride-Away)
knew what to do.
Dave made all the
phone calls to the
VA... saving me
\$25,000!”*
- Steve Hodgkins
(Malden, MA)

Ride-Away
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Norrinstown, PA 19403

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.

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OUR CONTRIBUTORS

DECEMBER 2009

Barry & Anna Marie Childress,
Robert Drucker, John & Barb Dively,
Helen Jagger, Ann Keech,
Stephen J. Leshinskie, Mike & Sharon Miller,
Kay & Gordon Rowe, Dick & Mary Stoner,
Main Line Rehabilitation Associates, Inc.
Sylvia & Harry Bingham *in honor of her
daughter Ellen Solt*

JANUARY 2010

Robert Drucker, Robin Gane,
Marlene Nathans, Kay & Gordon Rowe,
John & Barb Dively, Denise Westerfer,
Jeannette Kline

FEBRUARY 2010

Kay & Gordon Rowe, John & Barb Dively
Bob Drucker, Susan Hartzfeld

SEVEN ABIN-PA PHONE VOLUNTEERS NEEDED

Every day, more survivors and families call for information about brain injury. We are looking for seven survivors and family members to help us handle these calls.

Interested volunteers will receive about 20 hours of training by phone or in person to qualify them as Intake Specialists. One will be selected to serve as Intake Call Manager. Training includes our peer manual, the DVD "Challenges", the website, confidentiality, listening skills, role playing, and forms.

As an Intake Specialist, you would offer our brochures, our free newsletter, and a tour of our website. For further needs, you would ask the Manager to refer the call to an Information Specialist with further training.

ATTENTION CONSUMERS

There is a **NEW** Attendant Care
Provider in the Lehigh Valley!

24 HOUR ON CALL AVAILABILITY
COMPETITIVE WAGES AND BENEFITS

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**ABIN-PA WINDOW DISPLAY AT
SENATOR DINNIMAN'S OFFICE**

March 16th-28th, 2010

For Brain Injury Awareness Month, ABIN-PA will have a window display at Senator Dinniman's Office, One North Church Street, West Chester, PA.

This opportunity came to us through Beth Anne Hervey, and then Dorene Pasekoff assembled volunteers including Bob Drucker, Li Huang, and Robin Gane, who developed the concept on prevention.

We hope this display will bring attention to brain injury and the importance of wearing sports helmets, since sports concussions are in the news. The PA House is even considering HB 2060 to require physician approval before return to the game after a suspected concussion or other brain injury.

Our display will include helmets, information on brain injury, graphics by Li Huang, and a new painting by Robin Gane.

Robin Gane of Gilbertsville, PA, is a disabled artist whose work has been included in various shows. She has an Associate's Degree from Montgomery County Community College and has done artwork since 1975. Her neck injury in 1985 and an assault in 1998 limited her activities. The assault caused a mild brain injury and also post traumatic stress disorder.

Robin is painting "Devon Jumper" for this display because she wants to help ABIN-PA increase public awareness about brain injury. She is concerned because many are misdiagnosed by doctors and mental health professionals, especially if they have no memory of what happened when they are seen in the emergency room.

COLLEGE: A CHALLENGE
by Luke Whittaker

As I explained last month, I am a person with a traumatic brain injury. I was hit by a truck at a young age. I look like everyone else, in fact, my injury did not seem to have any effect on my life until I attended college.

I went through elementary and high school free of any major academic struggles. It wasn't until after my freshmen year of college when I found my self on academic probation that I knew that something wasn't right.

I'd always been a pretty decent student-in the upper third of my high school class. This initial failure led me to discover more about myself but primarily how difficult TBI can be in a more demanding academic setting.

At the time I felt extremely apprehensive about seeking help from advisors or professors. I didn't know how to explain these struggles. I usually sat in the back of the room and I avoided speaking, especially during class, unless I had to. From their perspective, I imagine I appeared disinterested at best.

In the spring of my freshman year, with the help of Coach Rogish I got a job and joined a study hall. The structure helped and I saw my grades slightly improve, however I knew I would need help from external resources as well.

To be Continued—More to Follow

DOMESTIC VIOLENCE BROCHURE
66% of victims and the majority of
abusers have had a brain injury.
PRINT FROM WEB OR ORDER

COGNITIVE REHABILITATION THERAPY (CRT)

By Bridget Lowery, Clinical Director~ Main Line Rehabilitation Associates

Cognitive Rehabilitation Therapy (CRT) has been getting more publicity recently because people like Bob Woodruff have publicly stated it was the key to their rehabilitation. Bob Woodruff experienced Traumatic Brain Injury in Iraq while reporting the news for ABC.

Cognitive Rehabilitation Therapy (CRT) is an essential part of a neurological rehabilitation program. This therapy improves mental abilities after an injury to the brain from any cause (stroke, physical trauma, meningitis, etc.).

The Cognitive Rehabilitation Therapist and the client first identify any problems with daily life and then create strategies to work around these problems. Some activities might include:

- Setting up a system to remember to pay bills
- Helping the client to develop a budget
- Identifying ways to remember new information
- Learning ways to decrease distractions

As situations change, the therapist helps the client update the strategies that have been successful. For example, if a local grocery store rearranges the location of its items, a grocery shopping strategy may need to be updated.

Cognitive Rehabilitation Therapy greatly improves a client's quality of life by building practical strategies for daily living. Cognitive Rehabilitation Therapy is needed in addition to any Physical, Occupational, or Speech/Language Therapy.

Main Line Rehabilitation Associates has specialized in the provision of Cognitive Rehabilitation Therapy services for over 23 years, guided by the therapeutic principles of the Society for Cognitive Rehabilitation.

PERSUASIVE DOCUMENTS ON BRAIN INJURY

Please use these documents to inform friends, family and professionals about brain injury.

Go to www.societyforcognitiverehab.org for "Recommendations for Best Practice in Cognitive Rehabilitation Therapy: Acquired Brain Injury." Share this with those who want to understand how to plan or provide for rehabilitation—a very unique specialty.

Go to www.biausa.org, Policy & Legislation, Position Papers, to support change:

- 1) "Position Statement on Cognitive Rehabilitation", "Traumatic Brain Injury in the United States: A Call for Public/Private Cooperation",
- 2) "Conceptualizing Brain Injury as a Chronic Disease", and
- 3) "Early vs. Late Treatment of Traumatic Brain Injury" (cost benefits of early treatment).

Use these documents to reinforce your personal story.

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PA's Brain Injury School Assistance Program 2010

If your public school needs help to meet the needs of your child with brain injury, find your county below and contact the BrainSTEPS Team Leader. For general information, contact the program coordinator: Brenda Eagan Brown, M.S.Ed., CBIS, Brain Injury Association of Pennsylvania, eaganbrown@biapa.org, 724-944-6542.

| COUNTY | LEADER | PHONE | COUNTY | LEADER | PHONE |
|-------------------|-----------------------|---------------------|---------------------|-----------------------|---------------------|
| Allegheny | Kristen Haynes | 412-394-5787 | Juniata | Mary Whittaker-Meyers | 814-542-2501 |
| Allegheny | Erin Peterson | 412-394-5807 | | Erin McManamon | |
| Armstrong | Bob Truscello | 724-463-5300 x 1220 | Lackawanna | Mary Gan | 570-876-9271 |
| | Jayna McIntire | 724-463-5300 x 1107 | Lancaster | Anita Heller | 717-606-1713 |
| Beaver | Bernadette McClure | 724-774-7800 x 3028 | Lawrence | Susan Black | 724-458-6700 x 253 |
| | Jeff Huchko | 724-774-7800 x 3027 | Lebanon | Anne Hohenwarter | 717-394-1252 |
| | Chris McCabe | 724-728-3730 | Lehigh | Natalie Reichl | 610-769-4111 |
| Bedford | Carol Hoover | 814-940-0223 | Lehigh (Allentwn) | Melinda Lucas | 484-765-4191 |
| Blair | Carol Hoover | 814-940-0223 | | Gerry Ifkovits | 484-765-4070 |
| Bradford | Alison Polly | 570-673-6001 | | Barbara Malcolm | |
| Bucks | Sarah Krusen | 215-348-2940 x 2085 | Luzerne | Tina Gelso | 570-718-4656 |
| Butler | Susan Black | 724-458-6700 x 253 | Lycoming | Alison Polly | 570-673-6001 |
| Cambria | Carol Hoover | 814-940-0223 | Mercer | Susan Black | 724-458-6700 x 253 |
| Carbon | Natalie Reichl | 610-769-4111 | Mifflin | Mary Whittaker-Meyers | 814-542-2501 |
| Carbon (Allentwn) | Melinda Lucas | 484-765-4191 | | Erin McManamon | |
| | Gerry Ifkovits | 484-765-4070 | Monroe | Marc Bernstein | 610-515-6465 |
| | Barbara Malcolm | | Montour | Pete Pachuski | 570-523-1155 x 2822 |
| Centre | Cherie Neely | 814-342-0884 | Northampton | Marc Bernstein | 610-515-6465 |
| Chester | Cris Chambers | 484-237-5064 | Northumbland | Pete Pachuski | 570-523-1155 x 2822 |
| | Lisa Fernandez | 610-585-3024 | Perry | Ann Hoffman | 717-732-8400 x 8584 |
| | Lillian Neary | 484-237-5045 | | Elizabeth Panek | 717-732-8400 x 8670 |
| Clarion | Sally Flaherty | 817-226-7103 x 105 | Philadelphia | Tracey Williams | 215-400-6953 |
| Clearfield | Cherie Neely | 814-342-0884 | Pike | Marc Bernstein | 610-515-6465 |
| Clinton | Cherie Neely | 814-342-0884 | Pittsburgh | Sylbia Kunst | 412-571-7405 |
| Columbia | Pete Pachuski | 570-523-1155 x 2822 | Snyder | Pete Pachuski | 570-523-1155 x 2822 |
| Crawford | Annette Eccles | 814-734-5610 x 8459 | Somerset | Carol Hoover | 814-940-0223 |
| Cumberland | Ann Hoffman | 717-732-8400 x 8584 | Sullivan | Alison Polly | 570-673-6001 |
| | Elizabeth Panek | 717-732-8400 x 8670 | Susquehanna | Mary Gan | 570-876-9271 |
| Dauphin | Ann Hoffman | 717-732-8400 x 8584 | Tioga | Alison Polly | 570-673-6001 |
| | Elizabeth Panek | 717-732-8400 x 8670 | Union | Pete Pachuski | 570-523-1155 x 2822 |
| Erie | Annette Eccles | 814-734-5610 x 8459 | Venango | Sally Flaherty | 817-226-7103 x 105 |
| Fayette | Toni Lozar | 724-938-3241 x 261 | Warren | Annette Eccles | 814-734-5610 x 8459 |
| | Leigh Dennick | 724-938-3241 x 273 | Washington | Toni Lozar | 724-938-3241 x 261 |
| Forest | Sally Flaherty | 817-226-7103 x 105 | | Leigh Dennick | 724-938-3241 x 273 |
| Fulton | Mary Whittaker-Meyers | 814-542-2501 | Wayne | Mary Gan | 570-876-9271 |
| | Erin McManamon | | Westmorland | Laura DePhillips | 724-836-2460 x 2387 |
| Greene | Toni Lozar | 724-938-3241 x 261 | Wyoming (Northeast) | Mary Gan | 570-876-9271 |
| | Leigh Dennick | 724-938-3241 x 273 | Wyoming (Luzerne) | Tina Gelso | 570-718-4656 |
| Huntingdon | Mary Whittaker-Meyers | 814-542-2501 | York (North) | Ann Hoffman | 717-732-8400 x 8584 |
| | Erin McManamon | | | Elizabeth Panek | 717-732-8400 x 8670 |
| Jefferson | Sally Flaherty | 817-226-7103 x 105 | | | |

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

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
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