

ACQUIRED BRAIN INJURY NETWORK NEWS

July 1, 2010—2010/#07

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!

Can you imagine—ABIN-PA now has a mailing list of 775 and 14,000 people have visited our website! Please keep sharing our newsletter and web address so that people have what they need when they need it!

“The Divine Power of Friendship” is the theme for the first Peaceful Living conference “Honoring a Place in Faith Communities for People with Disabilities and Their Families”. Save the Date—September 24-26 at the Souderton Mennonite Church. Pat Strenk and I will speak. See page 6 for more details.

Our thanks to Joan Nolan for arranging donations to ABIN-PA in memory of her daughter, Laurie Nolan. We are very grateful for this support for survivors and families.

If you have had any experience with conductive education, please get in touch with me. See page 6 for more details.

Our **Spring Appeal** letter should have reached you by now. Please try to send a few dollars. Just \$5 each means \$3,750! If you did not get a letter, you can send the form on the last page with your donation.

Barb Dively

ABIN-PA SCHEDULE

Board Meetings (Phone in!) Sundays
2-4pm on 7/11, 8/8, 9/12, 10/10, 11/7,
12/12. Come to Lansdale or phone in.

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

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

★
★ **SPORTS CONCUSSION BILL** ★
★
★ Ask Your Representative to ★
★ Support House Bill 2060 ★
★
★ Ask your Senator to ★
★ Support Senate Bill 1241 ★
★
★ Go to www.legis.state.pa.us ★
★ and enter your zipcode ★
★ to find your legislators. ★
★

NOW AN EMAIL OPTION!

By popular request, we added an email option. Instead of snail mail, you can receive a monthly email link to the latest issue. To get started, contact info@abin-pa.org.

NEW ADDRESS?

Send it to info@abin-pa.org and save us \$0.44 on returned mail!

IN THIS ISSUE

PAGE

1. Editor, Events, Concussion Bill, Email NL
2. ABIN-PA, Public Affairs, Mission
3. SCU's for TBI, Ad Rates, Resources
4. Parent to Parent, Serving Veterans
5. Daily Strategies, Strohman, DVBIC
6. Conductive Education, Peaceful Living
7. Donors, Independence Waiver
8. Donate, Volunteer, Subscribe, Address

ABIN-PA MATTERS

Summer Potluck—A wonderful time!

Attended by Jen Asbury, Anna Marie & Barry Childress, John & Barb Dively, Shaie Dively, Bob Drucker, Michel Florijn, Corinne Gries, Grace Griffith, Meta Keating, Maureen Neve, Kay & Gordon Rowe, Pat Strenk, Erik Toye, and Terri, Kyle & Natalie Wernly. Music by Grace and Kyle. Raw chocolate pudding by Shaie. Bob brought strawberries!

Peer to Peer at BIAPA Conference—About 70 people heard our presentation by Anna Marie Childress, Pat Strenk, and Barb Dively. Many expressed their gratitude—somewhat overwhelming the presenters! Our thanks to the Disability Rights Network for providing manuals for everyone.

Spanish Translation Project—Katherine Alvarez is translating all 26 of our brochures. Can you help us share them with Latino communities around the state? We really need to collaborate with many partners.

Peer to Provider Manual Workgroup

We are beginning work on our second manual which will address our concerns with providers. Our Workgroup members are: Tom Byrnes, Anna Marie Childress, Barb Dively, Michel Florijn, Jeanie Frey, Meta Keating, Barbara Kindon, Steph Knarr, Cindy Lally, Helen Love, Maureen Neve, Joan Nolan, Dorene Pasekoff, Pastor John Pistorius, Dan Rohrback, Madelaine Sayko, Susan Schmidt, Pat Strenk, Ladona Strouse, Peggy Vietro, Terri Wernly, and Don Zeigler.

Peer to Peer for Support Groups

Beth Anne Hervey will be reproducing our Peer to Peer manual and mailing it out to all interested support groups as suggested by participants in our BIAPA conference workshop. Please look for her call and share any changes in your listing on our website.

PUBLIC AFFAIRS

BIAPA Award to Caucus Members

The Brain Injury Association of Pennsylvania awarded beautiful plaques to the members of the PA Legislative Caucus Committee at the BIAPA Conference. Those accepting plaques included Mike Miller, Chair, Dottie Ardell, the Disability Rights Network, Jack Poplar for the Pennsylvania Association of Rehabilitation Facilities, Monica Vaccaro for BIAPA, and Barb Dively for ABIN-PA.

Sports Concussion Bills (page 1)

These bills require that a player with a concussion or brain injury be cleared by a licensed or certified health care provider before returning to play or practice. This crucial step will protect our children from the debilitating injuries that can happen when they return to play too quickly.

Questions for All Candidates

Please take every opportunity to attend election meetings and ask all candidates whether they will support our concerns. This will raise public awareness. Ask them if they will support the following:

1. The sports concussion bill
2. A Bureau of Brain Injury.
3. A Brain Injury Advisory Board.
4. Expanding the CommCare Waiver.
5. Expanding the Head Injury Program.
6. Making BrainSTEPS permanent.
7. Screening everyone for brain injury in state programs & giving proper care.

ABIN-PA 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.

ABIN-PA NETWORK NEWS—July 1, 2010—Page 3

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
We Deliver Freedom.
2460 General Armistead Ave.
Suite 100-150
Norrinstown, PA 19403

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



VetsMobileOps Program
• VA assistance support
• All vehicle trade-ins accepted
• Longest new conversion warranty
• 24/7 Roadside assistance
• QAP Certified factory trained technicians

BraunAbility
Because Life is a Moving Experience.
It's no wonder why Ride-Away customers remain so loyal –
Superior Support! Ride-Away – America's #1 provider of
modified vehicles for people with disabilities.

ASSISTED LIVING LICENSING Offers Special Care Units for TBI

We are hoping that several brain injury rehabilitation providers will be applying for Special Care Unit licensing. The new Assistive Living Regulation (ALR) was approved June 3, 2010 and will be published by July 17. The ALR Waiver application will go to the federal government in August with approval expected by January. Licensing will also begin in January. A new day dawns!

ADVERTISING RATES

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

RESOURCES

(PDO = “PA Department of”)

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

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

**PARENT TO PARENT
OF PENNSYLVANIA**

www.parenttoparent.org
1-888-727-2706

Parent to Parent links families of children and adults with disabilities or special needs on a one-to-one basis according to concerns such as: health conditions, physical disabilities, behavioral or mental health, developmental disabilities, foster care, adoption, educational issues, etc.

Ask for a match with one of the 1,200 parent volunteers or for help in locating a support group. Technical assistance is available for local support groups and mentoring groups.

Services are funded by the Departments of Education and Public Welfare.

“PA CARES”

**Identifying & Locating Services for
Veterans & Their Families**
www.pacares.org 610-717-7797

This umbrella organization includes veterans, active duty military, clinicians, educators, volunteer organizations, and members from all levels of government. Subcommittees examine veterans' education, traumatic brain injury, and the effects of deployment on the children of military members. Deb Delgado of the Disability Rights Network chairs the subcommittee on TBI.

To participate, sign up on the website and/or attend monthly meetings from Noon to 3pm every second Thursday of the month at the Harrisburg Armory, 14th & Calder Sts.

ATTENTION CONSUMERS

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

**24 HOUR ON CALL AVAILABILITY
COMPETITIVE WAGES AND BENEFITS**

WAIVERS INCLUDE:

- ATTENDANT CARE
- ACT 150
- INDEPENDENCE
- OBRA
- PDA AGING WAIVERS

***CRI has provided Attendant Care in PA since 1990 and currently serves 48 counties*



**CRI NOW OFFERS FREE INSURANCE TO
QUALIFYING CONSUMER MODEL AIDES.**

961 Marcon Blvd. Suite #106 • Allentown, PA 18109

Toll Free: 1-877-559-5853 • Voice: 610-266-5853 • Fax: 610-266-5857

DAILY STRATEGIES

From Lisa, Linda, Catherine, Frank, Anna Marie, Dan, and Darlene, who are Clients of Main Line Rehabilitation

Follow a schedule for daily routine, getting enough rest, taking breaks. – *Lisa*

Get plenty of sleep. If you don't get enough sleep at night, your mind gets very fuzzy! – *Linda*

Put all your receipts in one place when you get home from shopping. – *Linda*

Use labels to help with where you put things, so they're not hard to find. – *Linda*

Start calming down at 6 p.m. so your mind has time to unwind and you can sleep better. Don't do too much after that time. – *Linda*

Break things down into smaller tasks, and give yourself enough breaks so that things are more manageable. – *Catherine*

Try to improve memory and coping skills. – *Frank*

Walk as much as possible. – *Frank*

Play "brain games" that can be found on the AARP.com website. – *Anna Marie*

Try getting involved in a support group, or volunteer. – *Anna Marie*

Access abin-pa.com for all kinds of information, legislation, spreading the word that those with brain injury can be worthwhile and help others. – *Anna Marie*

Meditate – *Anna Marie*

Exercise – *Anna Marie*

Find out if your town has a monthly meeting for brain injury survivors and attend. – *Dan*

When I am out in the community doing things, it makes more of an impression on me rather just being at home with my everyday routine. – *Darlene*

The photo album helps me to remember names, faces, and places I have been. – *Darlene*

SARAH LYNN STROHMAN FOUNDATION

www.sarahlynnstrohman.org

"Bridging the gap for individuals with special needs."

ABIN-PA has been invited to extend invitations to our families for events in the Harrisburg and Mechanicsburg area that are sponsored by this Foundation. Please check their website for activities that may interest you.

DEFENSE & VETERANS BRAIN INJURY CENTER JOHNSTOWN

Any active duty service member, veteran or eligible dependent with TBI or ABI is eligible for admission/services from DVBIC Johnstown programs at a level determined by a trans-disciplinary team. To make a referral or for more information, contact the Regional Care Coordinator at:

www.dvbic.org, 814-255-8601

CONDUCTIVE EDUCATION

Governor Rendell recognized February 25th, 2010 as Conductive Education Awareness Day in Pennsylvania. From his proclamation:

“Conductive Education (CE) was developed over sixty years ago in Hungary by Dr. András Peto. CE is a unique teaching system that maximizes the independence and mobility of children and adults with neuro-motor disabilities like stroke survivors, and those with cerebral palsy, multiple sclerosis, acquired brain injuries, Parkinson’s disease and spina bifida. CE operates from a core belief in neuroplasticity—the lifelong ability of the brain to reorganize neural pathways based on new experiences—and on the premise that no matter how severe the disability, people can learn and improve when they are motivated.

“Conductive Education has the potential to make a significant, life-changing impact on the mobility and independence of close to nine million people in the United States and Canada. Conductive Education helps individuals learn their way to independence.

“A Governor, I am pleased to support February 25, 2010 as Conductive Education Awareness Day in Pennsylvania, and encourage support for this important program that increases the independence of people with disabilities in our commonwealth.”

For more information:

Inter-American Conductive Education Association, www.iacea.org, 800-824-2232.

Association for Conductive Education in North America, www.acena.org, 616-575-0575

Association for Conductive Education and Related Services, Inc., www.acersi.org, 800-307-7711

“THE DIVINE POWER OF FRIENDSHIP”

September 24-26, 2010

**The Peaceful Living Fall Conference
Souderton Mennonite Church
105 W Chestnut St., Souderton PA 18964**

“Many individuals with disabilities and their families lead their lives at the fringes of society, even alienated from congregational life. This conference provides tips, tools, and wisdom to inspire you to build a strategy and action plan to help your faith community become more inclusive. You’ll learn from an amazing assembly of internationally and nationally known experts, as well as local leaders in the field. Feel the transforming power of welcoming all people just as they—and we are!”

ABIN-PA Board Member Pat Strenk helped design the Peaceful Living conference. The program is truly amazing plus Pat and Barb Dively will offer “Brain Injury: Strategies for Inclusion” on Saturday.

CONFERENCE OVERVIEW

Friday, September 24—8:15am-3:00pm for Professionals Involved in the Delivery of Care—CEO’s, Directors, Direct Care Staff, State and County Agency Staff, ISP Teams.
Saturday, September 25—8:15am-3:50pm for Faith Leaders (Professionals & Lay People), Individuals with Disabilities, and their Families.

Saturday, September 25—6-9pm Dinner for everyone, Franconia Heritage Restaurant, 508 Harleysville Pk, Franconia PA 18924

Sunday, September 26—9-10:30am—Hans Reinders PhD—Sermon & Discussion. Salford Mennonite Church, 480 Groff’s Mill Rd., Harleysville PA 19438

RATES

Friday \$95, Saturday \$35, Dinner \$40
Register: <http://bit.ly/PLHAPIIConf>

THANK YOU TO OUR CONTRIBUTORS

APRIL John & Barb Dively, Bob Drucker, Steph Knarr
In Honor of Zach Fuller: For being such an inspiration from Debbie Baublitz,
In Honor of Tommy Hartzfeld: Happy Birthday from Susan Hartzfeld

MAY Kay & Gordon Rowe, Bob Drucker
In Memory of Laurie Nolan from Denis Albert, Margaret Anderson, Kathleen Beavers, Linda Brooks, Sei Drake, Heinz Haefner, Diane Kistler, Dr. & Mrs. Robert Leiss, Glen Leslie, Stacey Nunn, Charles Oberholtzer, Mary Odabashian, Isabell Petzelt, Elke Speliopoulos, Jason Steiner, and Lisa Strizzi.

JUNE John & Barb Dively, Bob Drucker, Corinne Gries, Kay & Gordon Rowe,
In Memory of Laurie Nolan from Margaret Anderson, Linda Brooks, Jacqueline Fitzpatrick, Peggy Frankenfield, Stefan Goetting, Danielle Giorgetti, Anita Granoff, Barbara McEvoy, Sue Metzger, Stacey Nunn, Gerald Rigney, Rose Mary Saylor, Elaine Seiler, Kristine Sholly, Audrey Stevenson, Marie Trgovac, Mary Zagorzycki and from Laurie's Mannheim EMBA Class of 2008: Barbara Althoff-Simon, Guiliana Angonoa-Doehnert, Carston Bähr, Timo Baumann, Xavier Chapuis, David Dixon, Andreas Döhrn, Andreas Flach, Peter Flensberg, Tatiana Gillitzer, Isanthe Heberger, Nicole Höhn, Bernd Junginger, Sven Jungmann, Torsten Kunz-Aue, Joe Lewis, Ali Mabrouk, Sarah Marinoni, Raquel Martin, Ralph Schubert, Carsten Schulz-Schaffnit, Jochen Scholten, Matthias Seiler, Kai Stenzel, and Mirko Strube.

INDEPENDENCE WAIVER

(Google "PA DPW Independence Waiver—NOTE: Brain injury is a physical disability.)

WHAT IS A WAIVER: The Independence Waiver is a Home and Community Based waiver program that provides services to persons with physical disabilities to allow them to live in the community and remain as independent as possible.

ELIGIBILITY: Pennsylvania residents age 18 and older requiring a nursing facility level of care are eligible to apply. The disability must result in substantial functional limitations in three or more of the following major life activities: mobility, communication, self-care, self-direction, capacity for independent living and learning. Additional requirements may apply.

AVAILABLE SERVICES: Assistive technology/specialized medical equipment and supplies; Community integration services; Community transition services; Daily living services; Education services; Environmental adaptations; Personal Emergency Response Systems (PERS); Respite services; Service coordination; Therapies (behavior, occupational, physical, speech); Transportation services; and Visiting nursing services.

You can view the current 2006-2011 Independence Waiver (PDF download) from the state site. If you cannot find the information you need, please call the state at 800-757-5042.

ABIN-PA: DONATE, VOLUNTEER, SUBSCRIBE, CHANGE ADDRESS

DATE: _____ NAME: _____ PHONE: _____

STREET: _____ CITY: _____

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

EMAIL: _____

Here is my donation ___ I want to volunteer ___ Please send newsletter ___ New address ___

Want staff training ___ Need literature ___ I want to make a bequest ___ I have questions ___

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

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

(Address): _____

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.

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**

NONPROFIT ORG
US POSTAGE PAID
LANSDALE PA
PERMIT NO. 613

RETURN SERVICE REQUESTED

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.