



# ACQUIRED BRAIN INJURY NETWORK NEWS

February 1, 2012—2012/#02—61st Issue  
215-699-2139 or 800-516-8052 Fax: 215-699-5139  
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## Happy Valentine's Day!

When you get your ABIN-PA Winter Appeal letter, please send your donation—every dollar helps! Also, on the same page, you can apply for a phone/email buddy through **PeerConnect** —or use the form on page 7.

Please stop in or call and meet Joyce Shaffer. She began January 9th and works 9am to 1pm each day. If you can stop by, Joyce can demonstrate our new folding machine from the Montgomery County Medical Society Foundation. We can now fold 9,000 brochures per hour! Very exciting!

Registration begins soon for our 5th Anniversary Luncheon on May 19th at Maggiano's at the King of Prussia Mall. Let me know if you can provide door prizes or Silent Auction items.

I hope you can participate in some of our Coming Events. It's always great to get together, regardless of the occasion.

Check YouTube in a week or so for a video by Success Rehab residents!

Together we are making a difference!

Barb Dively

## COMING EVENTS

February 22nd—Please be there. The Bucks County Commissioners are presenting a Proclamation to ABIN-PA for Brain Injury Awareness Month at 10am in the Court House Community Room in Doylestown. (**new date**)

March 18—Brain Injury Symposium at Mainline Unitarian Church in Devon.

May 2nd—Brain Injury Rally in the Capitol Rotunda in Harrisburg.

May 19th—5th Anniversary Luncheon Maggiano's at the King of Prussia Mall. Sponsorships & scholarships available.

## ACTION NEEDED

HB2024 on Insurance Disclosure of brain injury benefits. Co-sponsors needed. Can you help? See page 4.

*Contact ABIN-PA for more information.*

## 2012 ABIN-PA SCHEDULE

*All are welcome—please join us!* (New Date)

**1-3pm Saturday Newsletter Mailing-Lansdale:**

Feb 4, Mar 3, Mar 31, Apr 28, Jun 2, Jun 30, Aug 4, Sep 8, Sep 29, Oct 27, Dec 1.

**2-4pm Sunday Board Meetings-Lansdale:**

Call-in using 218-862-1300, PC127105. Feb 12, Mar 11, Apr 15, May 6, Jun 10, Jul 8, Aug 12, Sep 16, Oct 14, Nov 4, Dec 16.

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## SAVE THE DATE

### 5th ANNIVERSARY LUNCHEON

1-5 p.m., MAY 19th, 2012

MAGGIANO'S

KING OF PRUSSIA MALL

Silent Auction—need items

Awards—need nominations

Door Prizes—need give-aways

Sponsors— Very Welcome!

## DENISE'S CORNER

I find that I've got to stay organized. I need to know that everything is in the right place. I also have a little bit of OCD, Obsessive Compulsive Disorder. That's why I like to be neat. It's not that I'm a prude, it's just that it's easier to find things.

I write things down, I put it on my computer, to put bluntly, I move. Which also helps my semi-paralyzed state, which really isn't. I just don't know how to describe it. Staying organized just makes sense. All those things I do, i.e. write things down and keep them on my computer, is a way to stay organized. It also helps with your memory. Which I have a problem with.

Also, to help me stay organized, I take vitamins every day. I used to drink a liquid, that had this tolerable cherry taste, but I found these gummy vitamins. I'm sure the liquid makes it work faster, but the gummy vitamins are much more palatable!

Staying organized helps me do other things I enjoy. Like reading the Bible. Now, I'm not a nut, but the book of Acts, wow! So, what I'm recommending is that you try and stay organized. You will realize that once you do, everything else will just fall in place.

Denise Patterson

## Holding Standards High.



Services include:

- Physical, occupational, speech, language and cognitive therapies and psychological counseling
- Case management
- Medical services including on-site nursing, neurological, psychiatric 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.

**Beechwood** 

A COMMUNITY-INTEGRATED BRAIN INJURY PROGRAM

An affiliated service of Woods Services, Inc. • Program Locations in PA  
1-800-782-3299 • 215-750-4299 • [www.BeechwoodRehab.org](http://www.BeechwoodRehab.org)

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.

## THANK YOU TO OUR DONORS

### DECEMBER CONTRIBUTIONS

Hugh Allen, BonTon, Belinda Crobak, John/ Barb Dively, Bob Drucker, Erikka Johnston, Sally Kneipp, Eugenia Laux, Mylan Classic, Bob Neal, Dan Rohrback, Ron Seiler, Pat Strenk, Claudia Wynn (VNA)

### JANUARY CONTRIBUTIONS

Bob Drucker, Montgomery County Medical Society Foundation, Pilot Club of Valley Forge, Inc., Kay/Gordon Rowe.

## ADD COGNITIVE REHABILITATION THERAPY TO THE STATE MEDICAID MENU

Just think what would happen if our state refused to provide physical therapy under Medicaid. Some people might never be able to walk again!

People also need rehabilitation after brain injury so they can regain their skills—but the Pennsylvania state Medicaid plan does not include cognitive rehabilitation therapy.

By adding cognitive rehabilitation therapy to the state Medicaid plan, more people could recover from brain injury and return to work.

Let's try to make sure that everyone has the best opportunity to recover by providing rehabilitation for injuries to the brain.

Pennsylvania needs to help people recover from brain injury and get back to work!

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

*"The (Ride-Away) staff is the most considerate and qualified crew to be found... The very best in the field."*  
- Jo-Anne P.

**Ride-Away**  
We Deliver Freedom.  
2460 General Armistead Ave.  
Suite 100-150  
Norristown, PA 19403

**BraunAbility**  
America's #1 provider of modified vehicles and adaptive equipment 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.

## 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's [1-888-745-2357](tel:1-888-745-2357)

Consumer Protection—PA Atty. General  
[1-800-441-2555](tel:1-800-441-2555)

Crime Victims—[www.pbpp.state.pa.us](http://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  
[1-888-0727-2706](tel:1-888-0727-2706)

Resources for Daily Living—Inglis  
[www.easiresources.org](http://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](http://www.nationalservice.gov)

Voting Issues—PDO State  
[1-877-868-3772](tel:1-877-868-3772)

Waiver Enrollment—[1-877-5504227](tel:1-877-5504227)

Waiver Help Line—PDO Public Welfare  
[1-800-757-5042](tel:1-800-757-5042)

## PERSONAL BENEFITS I RECEIVED PLAYING LUMINOSITY.COM

Luminosity.com is a website created by neuroscientists to help people increase their brain acuity, as well as improve their memory, cognition and comprehension.

I began my search for something online to help me recover some abilities after I suffered a stroke and an inter-cerebral hemorrhage four and a half years ago. Initially I didn't find anything I could use that would allow you a free trial on the site. Then I found Luminosity. On the Luminosity site, I could try all their various games and evaluations for free. I did this and found that my abilities after stroke were about 20% for persons my age. My stroke had caused a right hemisphere brain dysfunction, and I had a lot of problems with higher cognitive reasoning and executive function. I had always been a type "A" personality with a photographic memory so the changes were and are extremely difficult to adjust to. Luminosity gave me measureable quantitative evidence that I could improve.

Luminosity offers sessions for people with traumatic brain injury, cancer, ADHD, and several other functional problems, in addition to regular memory aides for the average person just wanting to increase their abilities or stay sharp.

When I first began the programs I started with the simplest of training programs and found them to be very challenging for where I was at that point in my recovery. I could only sit at the computer at that time for about 15 minutes before I would get a headache from the concentration required for some of these games which would have previously not required such effort. As I progressed through several training sessions over the year I was a member, I saw improvement in all the areas of cognition, basic math skills, language, spatial abilities and memory function, but I still have a long way to go to reach my goals of recovery.

Luminosity continues to evolve to meet the growing needs of the members on the site as well as provide scientific data to educate individuals on the workings of the brain. There truly is a great ability God gave for the brain to heal itself. As each individual continues to strive for improvement, Luminosity.com could be part of the recovery plan for those with brain injury, memory fog from medications, prevention of dementia and many other health conditions that would be improved by a fifteen to thirty minute a day mental workout. Checkout the free trial for yourself. There is something there to benefit everyone. Here's hoping for increased ability and milestones for us all. God bless you all as you never give up.

**April Wortman, Stroke Survivor, Brain Injury Survivor**

## WHY HB 2024 ON INSURANCE DISCLOSURE IS IMPORTANT

Most people will only learn what their insurance will pay for after they have a brain injury. They usually will have good coverage for hospital bills and therapies to help regain swallowing, walking, and speaking. Unfortunately, life requires much more of parents, wage earners and students, but coverage for cognitive rehabilitation therapy and the other services needed during rehabilitation is usually quite limited. Wouldn't you like to know in advance which policy will help you recover your ability to work, go to school, and care for your children? Support HB2024 so you have this information and can choose the best policy for your family.

## VIDEO VOLUNTEERS?

By Madelaine Sayko

I need YOUR help - I am creating a short YouTube video for Brain Injury Awareness Month in March.

The video will have the faces of people who have a brain injury, who know someone with brain injury, or who are involved in the field. I will create several screens of montages with alternate screens of facts about brain injury, funding, etc. If people wish, I will put only their first name and possibly their age, and date of injury.

The idea is to show how brain injury impacts so many people of all ages and backgrounds. The photos can be of a person doing something, a close up of their face, dealing with a challenge, anything you want. I would love to have pictures of people all over the world.

Also would like facts from all over the world (eg. brain injury costs \$60 billion annually in the United States, but we only spend \$2.25 per person on rehab). If you send me a factoid, please send me the source.

Once the video is posted I hope that we can send it off to EVERYONE we know all over the planet to help people become aware of brain injury, what is needed, how many lives are touched ,etc. Please send the photos to [TheFacesofBI@gmail.com](mailto:TheFacesofBI@gmail.com)

## CDC TOOL KITS ON TRAUMATIC BRAIN INJURY

The Centers for Disease Control & Prevention created a free tool kit on brain injury. You can order one for each of your doctors. Go to [www.cdc.gov](http://www.cdc.gov), put "brain tool kit" into their search box, and order what you need.

## 2012 NEWSLETTER & WEB ADS

Reach 1,042 subscribers in your target market while supporting ABIN-PA. You also benefit from monthly distribution of over 500 additional copies by subscribers and can use each issue to promote your services.

Your ad will remain visible in our web archives and a link on our homepage is available. Ads run through December 2012. Email [bdively@abin-pa.org](mailto:bdively@abin-pa.org) for a contract. JPG of ad required. Dark copy extra.




15 Issues	Home Page	Rate	Cost/ Contact
1/4	Yes	\$2,511	+ Web
1/4	No	\$974	\$.0832
1/8	Yes	\$2024	+ Web
1/8	No	\$486	\$.0415



An individual with a neurologic impairment, especially a traumatic brain injury, is the focus of **Success Rehabilitation's** programs.

Our goal is to help clients obtain a realistic, maximum level of independent functioning in the least restrictive community environment ~ one that advances individual productivity and well-being.

**Success Rehabilitation's** CARF-accredited, cost-effective brain injury programs include:

-  Residential Rehabilitation
-  Long-term Residential Rehabilitation
-  Vocational Services

*For the rehabilitation needs of your clients with a traumatic brain injury, call:*

Phone 215.538.3488 • Fax 215.538.8692  
email: [success@successrehab.com](mailto:success@successrehab.com)  
web: [www.successrehab.com](http://www.successrehab.com)

## BRAIN INJURY REHABILITATION THROUGH EXTENDED EARLY INTERVENTION & THE INTELLECTUAL DISABILITY WAIVERS

Brain injury is a treatable medical condition which may be caused by events such as illness, accident, surgery, poisoning, malnutrition or sensory deprivation. To avoid disability after brain injury, cognitive, physical, emotional, and/or behavioral rehabilitation may be required.

Brain injury is found in 8.5% of the general population and in 90% of those with the administrative label of "intellectual disability". Individuals with an IQ between 0 and 70 before age 22 meet the administrative definition of intellectual disability regardless of the cause.

Category	Profound	Severe	Moderate	Mild
IQ	0 to 20/25	20/25 to 30/35	30/35 to 50/55	50/55 to 70
% of ID	1%	4%	10%	85%
Cause	60% have a genetic cause for their low IQ			Rarely genetic

About 10% of those categorized as intellectually disabled inherited a neurodevelopmental disorder which limited intelligence permanently by blocking the formation of neural synapses in the first year of life. The other 90% have a developmentally normal brain with a pool of extra synapses to use in recovering from brain injury if rehabilitation is provided.

Every possible step must be taken to decrease disability from accidents, illnesses, poisoning, malnutrition and sensory deprivation. Since brain injury is the leading cause of disability from birth to age 40, injured children of any age immediately need the benefits of the Early Intervention program for 3 years post injury to reduce the risk of being categorized as intellectually disabled. Further, since recovery can occur at any age, all intellectual disability waivers should include screening to rule out a neurodevelopmental disorder, neuropsychological evaluations, and brain injury rehabilitation.

By focusing on recovery for those categorized as intellectually disabled, Pennsylvania can restore lives through evidence-based best practices and lower disability costs.

## ABIN-PA JANUARY HIGHLIGHTS

- ◆ participated in a DPW hearing challenging a determination of Nursing Facility Ineligible which blocked an application for the Independence Waiver.
- ◆ presented information on brain injury to the Reducing One-on-One Support Workgroup meeting of the Office of Developmental Programs SE PA Region in Bridgeport.
- ◆ made a presentation on brain injury to the Valley Forge Chapter of Pilot International in Royersford, an organization focused on disorders of the brain.
- ◆ secured the addition of cognitive rehabilitation therapy to the Medicaid state plan as an Action Step in the HealthCare section of the Strategic Plan for the Governor's Advisory Committee for People with Disabilities.
- ◆ participated in a county MH/ID planning meeting for a person with brain injury.
- ◆ participated in a meeting of families affected by changes in state waivers.

**PeerConnect APPLICATION FORM**

NOTE: Subscribers requested a way to talk with each other by telephone or email. **PeerConnect** is designed to pair up survivors with survivors and family members with family members. If you apply, someone will call you to learn more about your preferences. Then, we will try to match you up with someone in a similar situation. If your match does not work out, we will try to find another match for each of you.

\_\_\_Survivor \_\_\_Family Member Male:\_\_\_ Female:\_\_\_ Date:\_\_\_\_\_

Name:\_\_\_\_\_Email:\_\_\_\_\_

Address:\_\_\_\_\_ Phone:\_\_\_\_\_

City:\_\_\_\_\_ State:\_\_\_ Zipcode:\_\_\_\_\_ County:\_\_\_\_\_

I prefer Buddy contact by: Email:\_\_\_ Phone:\_\_\_ I could be a Mentor: \_\_\_Yes \_\_\_No

**For Survivors:** Your age now:\_\_\_ Your age at last injury:\_\_\_\_\_

Cause of injury:\_\_\_\_\_

**For Family Members:** Your age now:\_\_\_ Relationship to survivor:\_\_\_\_\_

Age of survivor now:\_\_\_ Survivor's age at time of injury:\_\_\_\_\_

Cause of injury:\_\_\_\_\_

**To apply for a match through *PeerConnect*, photocopy this page, fill in this application, and mail or fax it to ABIN-PA.**

**PA RESTRICTS SERVICES TO THOSE WITH BRAIN INJURY**

The Independence Waiver, frozen to new applicants with brain injury as of January 9, 2012, will eliminate residential services in April 2012, through a change in the definition of community integration services. About 25 individuals across the state will lose residential services.

The OBRA Waiver, frozen to new applicants for several years, ends community integration for 25% of non-residential participants in April 2012, and begins a new 8 bed limit as of June 2014.

The COMMCARE Waiver, frozen to new applicants in June 2010, begins a new 8 bed limit as of June 2014. Eleven of thirteen residential brain injury rehabilitation providers are affected.

## YOUR MESSAGE TO ABIN-PA—February 1, 2012

Date:\_\_\_\_\_Name:\_\_\_\_\_Phone:\_\_\_\_\_Need a call?\_\_\_\_  
Street:\_\_\_\_\_Apt:\_\_\_\_\_City:\_\_\_\_\_State:\_\_\_\_\_Zip:\_\_\_\_\_  
County:\_\_\_\_\_Survivor:\_\_\_ Family:\_\_\_ Other:\_\_\_ Change of Address?\_\_\_\_  
Email:\_\_\_\_\_ Change to email delivery?\_\_\_\_  
Apartment or Business Name:\_\_\_\_\_ United Way: #45813?\_\_\_\_

**Donation to ABIN-PA:** Sending My Check #\_\_\_\_\_ for \$\_\_\_\_\_. Employer Match\_\_\_\_.  
In Memory Of:\_\_\_\_\_ Family contact person:\_\_\_\_\_  
In Honor Of:\_\_\_\_\_  
Address for Notice:\_\_\_\_\_Apt:\_\_\_\_\_  
City:\_\_\_\_\_State:\_\_\_\_\_Zip:\_\_\_\_\_Other:\_\_\_\_\_

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

### YOUR MESSAGE

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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