



the

# HEADLINER

Fall 2003  
Vol. V Issue 3

The Newsletter of the Brain Injury Association of Oregon

## 1st Annual Pacific Northwest Regional Brain Injury Conference 2003 Tremendous Success!

The conference is only memories now, but what memories they were!

For two days, October 3 & 4, at the Lloyd Center DoubleTree Hotel in Portland, a total of more than 250 people attended our First Annual Pacific Northwest Regional Brain Injury Conference.

Friday's session's keynote speaker was Geoffrey Lauer, Director of Affiliate Relations, Brain Injury Association of America. Friday's focal point, titled "Pulling It All Together", focused on how a new interstate collaboration can occur to build stronger and more effective resources to increase awareness and prevention for the Western U.S. Following Mr. Lauer's keynote address were six one-hour breakout sessions, featuring two tracks of interest to physicians, health care professionals, and health agencies.

Saturday's session was aimed more to brain injury survivors, family members and advocates. Dr. Claudia Osborn led off the session as keynote speaker. In her message (Strategies and Dreams: Building A New Life After Brain Injury), Dr. Osborn illustrated the many compensatory techniques and strategies that must take place for a successful brain injury rehabilitation. Her speech was followed by five one-hour breakout



Geoff Lauer, Director of Affiliate Relations, Brain Injury Association of America

sessions, featuring three tracks of interest to not only survivors, friends and family, but to health care professionals.

One attendee expressed the sentiment shared by most: "Thank you from the bottom of my heart. The honor of coming to be part of the 1st Annual Pacific Northwest Conference, I will never forget."

Credit for the conferences success goes to a number of people, starting with Sherry Stock, Event Coordinator, Marsh Hawk, President of the Washington Advisory

Council on Traumatic Brain Injury, and to the Board of Director's conference committee, including Jan Johnson, Dr. Danielle Erb, Joan Brown, and Wayne Eklund, as well as the many volunteers who helped in so many ways. In addition, a big thank-you goes to each of the conference sponsors and exhibitors as well as to the 25 speakers who graciously came (at their own expense and time) to share their insights and wisdom. To all of you, we are very grateful.

Keep your calendar open next year for the 2nd Annual Pacific Northwest Regional Brain Injury Conference October 1 & 2, 2004. The Conference will be held at the Sheraton Portland Airport Hotel. We hope to see you there !

### What's Inside?

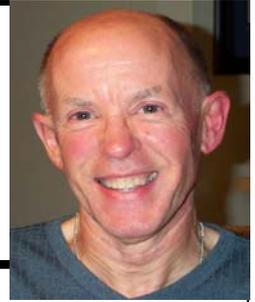
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**Headliner DEADLINES**

<u>Issue</u>	<u>Deadline</u>	<u>Publication</u>
Spring	April 15	May 15
Summer	July 1	August 1
Fall	October 1	November 1
Winter	January 1	February 1

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**Advertising in Headliner**

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A: Business Card	\$ 75	\$ 225
B: ¼ Page	\$125	\$ 375
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D: Full Page	\$400	\$1,200

**Policy**

The material in this newsletter is provided for education and information purposes only. The Brain Injury Association of Oregon does not support, endorse or recommend any method, treatment, facility, product or firm mentioned in this newsletter. Always seek medical, legal or other professional advice as appropriate.

We invite contributions and comments regarding brain injury matters and articles included in *The Headliner*.

**SO WHAT'S NEW ...**

One proven recipe to an analogy of what Kevin Costner must have felt in the "Field of Dreams", standing in those Iowa cornfields, was me in early October, standing before hundreds of people attending our Regional Conference. Like in the movie, we laid the groundwork for a great "field" (of experts) hoping that others would come to our "ballgame". And not surprisingly, they did come; professionals and survivors walking not only out of the cornfields (of Wisconsin and North Dakota) but from "down the street," California, Oregon, Washington. Even New York State was represented.

As a brain injury survivor, I am continually reminded of the dedication that professionals have in helping to us survivors. And this conference was no different. Many out-of-state speakers came to this conference on their own time and at their own expense in order to share their experiences. Thank you everyone, the conference committee staff and coordinator (Sherry Stock), the speakers, sponsors, exhibitors and the attendees for making this a truly memorable experience.

Planning has already started for the 2004 Regional Conference on October 1<sup>st</sup> and 2<sup>nd</sup> (Friday and Saturday) to be held at the Sheraton Portland Airport Hotel. Hope to see you there.

The Fall season is when many of our activities become dormant till Spring. However, this is not true at the Brain Injury Association of Oregon. This time of the year, the Board says "hello" to new projects and challenges that we hope will improve the lives of brain injury survivors and their families and friends.

We are now heading into the homestretch of 2003. And this is traditionally the time of the year that we give thanks to those who have helped us in our life's experiences. So, in speaking for all fellow TBI survivors, I would like to say "thank you" to all our families, friends and those professionals who have inspired and challenged us survivors to grow.

He felt that his whole life was some kind of dream and he sometimes wondered whose it was and whether they were enjoying it. — Douglas Adams (1952 - 2001), "The Hitchhiker's Guide to the Galaxy"

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# Survivor Corner

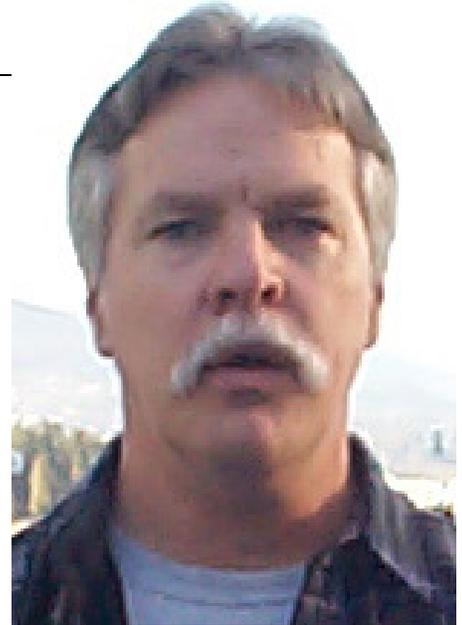
I was an engineering manager whose claim to fame was finding the intersection of the sphere of activity that makes a person happy and that entirely separate sphere of a company's needs. Somewhere, there is an intersection so whatever happens within that space, all involved are satisfied.

I was very fortunate in having the right insurance (s) intact at the time of my accident, without which, I would be bankrupt. I understand why the divorce rate with TBI folks is so high. My hospital bills were over \$600K and my disability insurance pays me 60% of my old salary. I can't even fathom someone who has to suffer this confusion alone, as I am still married to my wonderful wife. Non-judgmental support for the

confused TBI patient is critical.

I still can't multitask, but with practice, I am getting so much better. A friend describes it as I am getting "so much more whole". I recall after I got out of the hospital, trying to feed my parrot in the morning. In our kitchen is the typical sink with its faucet and handles. In addition, there is a special (RO) water filter for drinking. I was so confused about which faucet did which water, where and what it was for... And I had installed them!

My benefits from the injury are now I know that: if how someone is today doesn't meet expectations is **not their fault**. I also worked part time as a staff aid that made less money than the people who worked FOR me made. This was in a Mentally Ill person's halfway house. They had to be reintroduced into



**Curtis Brown**

society just as I am, and it's nobody's fault. BIAOR shows me that people DO care.

Curtis Brown currently serves on the Brain Injury Association of Oregon Board of Directors.

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# Salem Awareness Walk 2003 Successful

On September 20<sup>th</sup>, support groups from Salem and Eugene teamed up to hold an Awareness Walk and fundraiser at Salem Riverfront Park. The event has raised approximately \$6,000, of which 50% will go to participating support groups in helping them to fund group activities and to assist members.

There were 200 participants and donors. 25 local businesses donated prizes for the top fund raisers and for a drawing after the Walk. Other highlights included an appearance and presentation by Salem area Representative Billy Dalto, music by Kanzeon, a Portland area singer-songwriter who also has experienced a brain injury, and comfort food prepared by Ginny Real and husband Pat. Warren Franklin of radio station KBZY and the Statesman Journal also helped publicize the event regarding brain injury. The Walk was dedicated to the memory of Robert Miller of Lebanon, who died earlier this year.



Planning has begun for 2004 walks, to be held in Salem and Eugene, tentatively set for September.

Thanks to Pamela Olson, Leah Mangis and the other Salem area folks who did such a great job in planning and carrying out the Walk.

## Imagine What Your Gift Can Do.

The most important achievements often start where they are least expected. That's why BIAOR is the perfect place to give. It allows your money to go where it's needed most, when it's needed most, from information about brain injury, resources and services, awareness and prevention education, advocacy, support groups, and conferences and meetings throughout the state for professionals, survivors and family members. Your gift makes a difference at BIAOR.

Name \_\_\_\_\_

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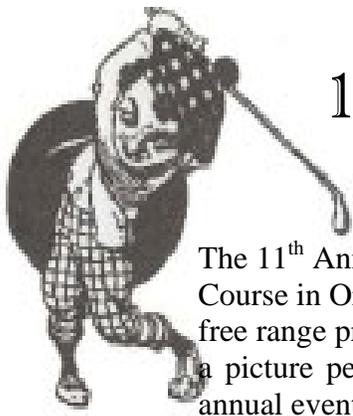
Working for the rights of individuals with disabilities

Oregon Advocacy Center is an independent non-profit organization which provides legal advocacy services for people with disabilities anywhere in Oregon.

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 1-800-452-1694 (Phone) 1-800-556-5351 (TTY)  
<http://www.oradvocacy.org/>



**Dr. Danielle Erb**  
 Brain Rehab Medicine



# 11<sup>th</sup> Annual BIAOR Golf Tournament Fund Raiser

The 11<sup>th</sup> Annual BIAOR Golf Tournament Fund Raiser for 2003 held August 9<sup>th</sup> at Stone Creek Golf Course in Oregon City. Nineteen teams competed in this year's Four-Person Scramble. A box lunch, free range privileges, and a pavilion barbecue buffet after the round as well as great weather made for a picture perfect golfing day. The event was organized by Bob Malone, this year's chair. This annual event is a charity event benefiting Brain Injury support groups throughout Oregon.



**Professional Rehab Associates Team**

Plans are underway for the 2004 golf tournament which will once again be held at Stone Creek. Consider becoming a Team Captain and get three of your golfing friends to join you for a fun round at Stone Creek Golf Club and benefit a great cause. For information on the 2004 golf tournament at Stone Creek, please contact Bob Malone at (503) 736-7293.



**Bob Malone's Team**



**Bill Olson's Team**

## It is possible to improve brain function after a TBI.

- without medication
- holistically
- in your own home
- many years after the injury

Using gentle movement activities and good nutrition, the HANDLE<sup>®</sup> approach can effectively address issues of balance, organization, memory, communication, body awareness, and more. Please give us a call or visit our website for additional information.



**The HANDLE<sup>®</sup> Institute**  
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SISTERS, OREGON 97759-1408  
(541) 549-1617

**Thank you to all of our speakers and sponsors and exhibitors.  
Without you this conference would not have been possible.**



**Dr. Randall Chesnut,  
Neurosurgeon, OHSU**

**Friday**

- **Geoffrey Lauer, Director of Affiliate Relations, BIAUSA**
- **Dr. Kathy Bell, MD-** University of Washington—Rehab Medicine
- **Sharon Maynard-**Portland Attorney
- **Dr. Danielle Erb, MD-**Brain Rehab Medicine
- **Dr. Randall Chesnut, MD-**Neurosurgeon, Oregon Health

Sciences University

- **Jane Laciste, MA,** TBI Project Administrator, CA Dept. of Mental Health
- **Dr. Mark Ashley-**Centre for Neuro Skills
- **Don Hood and Laura Beck-** Western Oregon University, Teaching Research Division
- **Dr. Thomas McCormick, D. Min-**University of Washington -Medical History and Ethics
- **Robert Fraser, Ph.D.-**University of Washington-Professor in Neurology, Rehabilitation Medicine and Neurological Surgery Neurological vocational rehabilitation
- **Alta M. Bruce,** IPS, Indian Health Service and Chairperson of the Indigenous Brain Injury Assoc.

**Saturday**

- **Keynote Speaker: Claudia Osborn, DO, FACOI**
- **Dr. William Shults**—Neuro-ophthalmologist
- **Bob Zenuch** - Life Skills
- **Teresa L Fairfield,** OTR, ATP, Supervisor, Neuro-Rehabilitation,
- **Michael S. Weinstein, MD,** Psychiatrist
- **Dr. Richard London-**Neuro-optometrist
- **MaryAnn Seegar-**Physical Therapist
- **Dr. Bruce Wojciechowski** - Neuro-optometrist: Simulation & Survivor Panel
- **Dr. Sterling Hodgson-**Otolaryngologist
- **Sharon Maynard** - Portland Attorney
- **Dr. Mark Tilson** - Neuropsychologist
- **Christine Trexel**—Occupational Therapist
- **Mara Windstar** - service dogs
- **Julia Fritz,** teaching aides



**Dr. Mark Ashley, President and CEO of Centre for Neuro Skills**

**We also wish to thank our sponsors for making this achievable:**

**Sponsors:**

Allergan  
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Homeward Bound  
Kampfe Management Services, Inc

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**Exhibitors:**

Centre for Neuro Skills  
ElderHealth Northwest  
Gentiva Rehab Without Walls  
Learning Services Corp.  
NeuroNet LLC  
Oregon Center for Applied Science  
PRA-BIRC  
TBI Model System WA  
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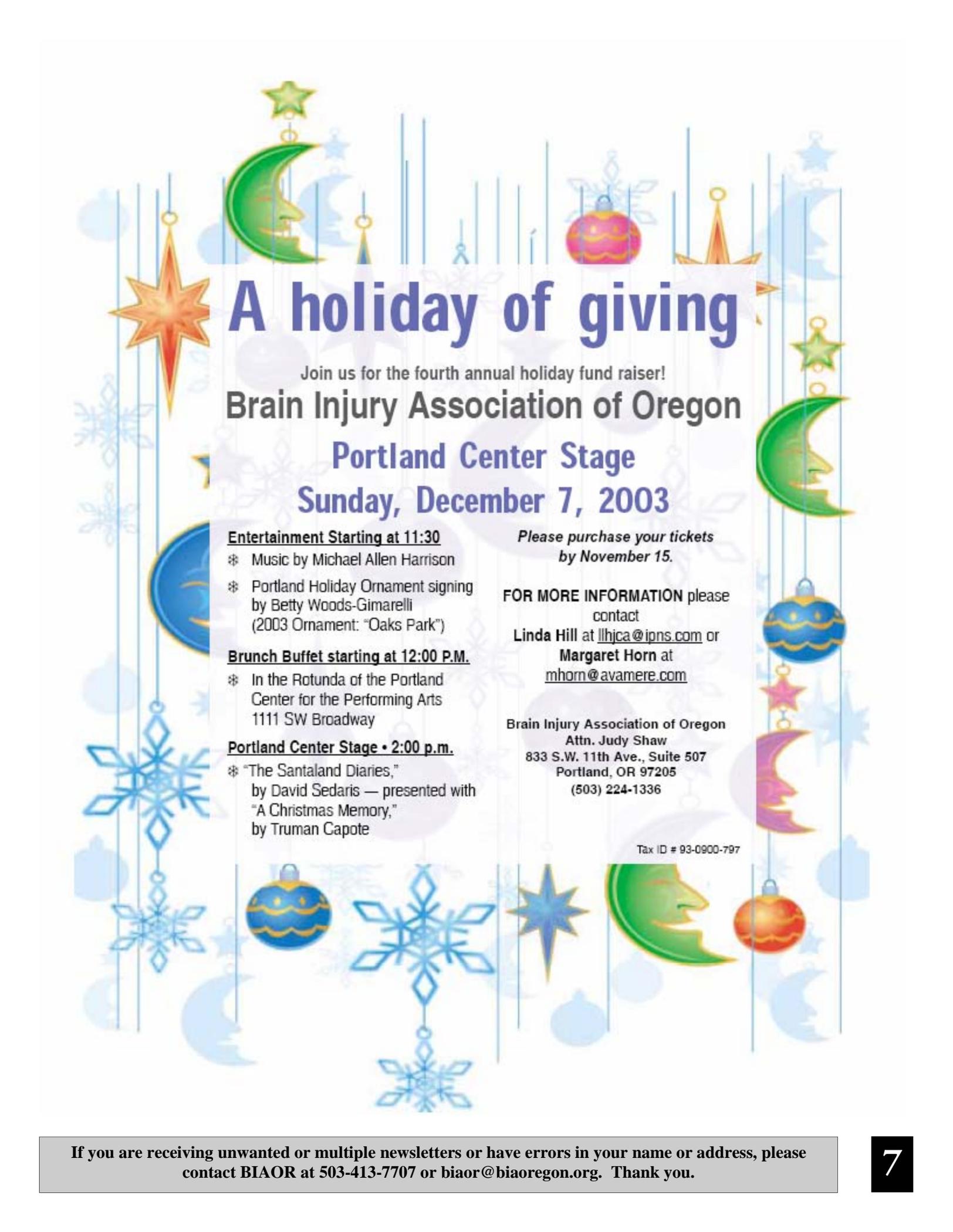
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**Bill Koch  
Learning Services,**

And a very special thank you to Ted Kadet, a developmental optometrist in Seattle, Washington, owner of the Hope Clinic, for printing and mailing brochures to all members of the Washington Brain Injury Association.



# A holiday of giving

Join us for the fourth annual holiday fund raiser!  
**Brain Injury Association of Oregon**  
**Portland Center Stage**  
**Sunday, December 7, 2003**

**Entertainment Starting at 11:30**

- \* Music by Michael Allen Harrison
- \* Portland Holiday Ornament signing by Betty Woods-Gimarelli (2003 Ornament: "Oaks Park")

**Brunch Buffet starting at 12:00 P.M.**

- \* In the Rotunda of the Portland Center for the Performing Arts  
1111 SW Broadway

**Portland Center Stage • 2:00 p.m.**

- \* "The Santaland Diaries,"  
by David Sedaris — presented with  
"A Christmas Memory,"  
by Truman Capote

*Please purchase your tickets  
by November 15.*

**FOR MORE INFORMATION** please  
contact

**Linda Hill** at [llhjca@igons.com](mailto:llhjca@igons.com) or  
**Margaret Horn** at  
[mhorn@avamere.com](mailto:mhorn@avamere.com)

Brain Injury Association of Oregon  
Attn. Judy Shaw  
833 S.W. 11th Ave., Suite 507  
Portland, OR 97205  
(503) 224-1336

Tax ID # 93-0900-797

# Here's my reservation!

Fourth annual holiday fund raiser!

## Brain Injury Association of Oregon

Portland Center Stage • Sunday, December 7, 2003

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Please Reserve the following:

\_\_\_\_\_ **Table Sponsor • \$1,000.00**

*Sponsorship includes 10 tickets at the same table, one 2003 signed ornament with CD, name or company name listed in program, and signage on table the day of the event. (\$500 tax deductible - #93-0900-797)*

• I NEED \_\_\_\_\_ **PLAY TICKETS** (one ticket per paid attendee).

\_\_\_\_\_ **Please seat me at a no-host table • \$100.00 per person**

*If you have several friends that you would like to sit with, we encourage you to submit one check or multiple checks in one envelope. Tables accommodate 10 people. (\$50.00 tax deductible)*

• I NEED \_\_\_\_\_ **PLAY TICKETS** (one ticket per paid attendee).

I am unable to attend Please accept my donation for \$ \_\_\_\_\_

Payment Options:

Check Enclosed payable to BIAOR (Brain Injury Association of Oregon)

Charge my:     Visa     Mastercard

Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Please print guests' names clearly below:

_____	_____
_____	_____
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_____	_____

Return Registration to:

Brain Injury Association of Oregon (BIAOR)  
Attn. Judy Shaw  
833 S.W. 11th Avenue, Suite 507  
Portland, OR 97205  
(503) 224-1336 • llhjca@ipns.com



# The B.I.G. Ride 2003!

2003 The B.I.G. Ride: Lee Anne Barry's second cross-country bicycle tour to raise awareness of brain injuries.

(Portland, OR – Orlando, FL) \*Aug-Oct



Pictured from left to right, Kimberly Larson, Allen Larson (the 2003 "Race Across America Winner"), Lee Anne Barry, Steve Wright and Ben Barry.

We met at Pioneer Courthouse Square on August 29, the first day of Lee Ann Barry's 3000 mile bike ride across America, finishing in Orlando, Florida on October 22nd. Allen Larson, winner of 2003 Race Across America (7 days from San Diego to Atlantic City), and I biked with Lee Ann as far as Government Camp. From there, we wished Lee Ann all the best for a safe and memorable trip.

This is Lee Ann's second cross country bicycle tour, to raise awareness of brain injuries. Her road to recovery has been quite a journey, and it isn't over yet. Her mission is to do what she can do to bring out awareness of brain injury, inspire others and give brain injury survivors hope that life can go on. She believes that anything is possible, even as a brain injured survivor..

—Steve Wright  
President, BIAOR

My road to recovery has been quite a journey, and it isn't over yet. My mission is to do what I can do to bring out awareness of brain injury, also known as the silent epidemic, inspire others and hopefully give people hope that life can go on. I'll never know what might have happened if...but my future is gold because I do know that with God, anything is possible.

— Lee Anne Barry

Steve Wright, Lee Anne Barry and Ben Barry



For more information see:  
<http://www.thebigride.org>

Steve Wright, Lee Anne Barry and Allen Larson



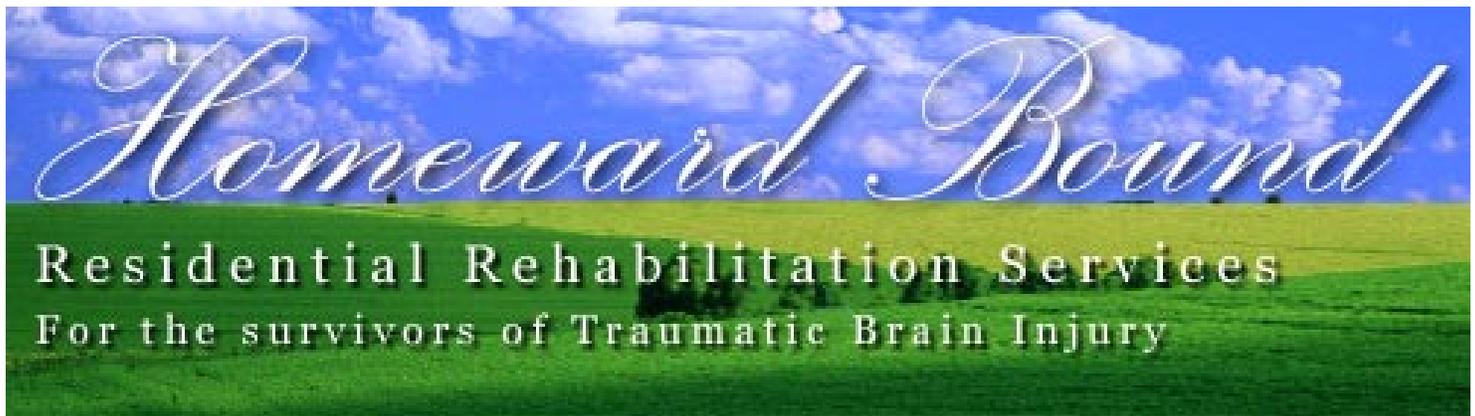
Severe spasticity is tight, stiff muscles that make movement – especially of the arms and legs – difficult or uncontrollable.

Has a brain injury given you or someone you care for this symptom?

There are ways to help control even the most severe spasticity in adults and children.

For more information, talk to your doctor and call Steve Garland with Medtronic at 1-800-638-7621, ext. 95886.





## The Farm

- Located on a quiet country road five miles south of town.
- The solitude, along with a very well trained, dedicated and empathetic staff plays a big part in why we have worked successfully with some very challenging behaviors.
- The residents take, with supervision, total care of the farm animals, and participate in the growing of veggies.
- On the farm is also located an apartment for the transitional resident who needs minimal supervision or is nearing discharge.



## Heron House

In response to the tremendous need of services for the brain injured adult, Homeward Bound has opened a new facility.

- The facility has five private rooms, each with a private half bath, additionally it has a large ADA bathroom with roll in shower plus conventional tub and shower. There is a large exercise room, Therapy room and also a living room for watching Monday night football or entertaining families. It is close to shopping and movies and other community activities.
  - Our new facility offers the same opportunities as our primary home, but in addition we will be accepting female clients as well as male. Heron House is completely wheelchair accessible, and provides 24-hour staff as needed.
- Our focus at Heron House is rehab which includes both physical and cognitive rehabilitation. We offer group and individual activities for the benefit of the resident. Each resident has a full daily schedule which may include art therapy, music therapy, cognitive retraining games and many other activities.

# Oregon Brain Injury Support Groups

**Bend**  
2nd Saturday  
10:30am to 12:00 noon  
St. Charles Medical Center  
Rehab Conference Room, Lower Level  
Amy King, 541-382-5882  
joelamyking@aol.com

**Brookings**  
"BRAIN INJURY GROUP" (BIG)  
2nd Monday 7:00—8:00 pm  
Brookings Evergreen Federal Bank  
Liz Prendergast, 541-469-5306  
lizzietiz@usa.net

**Corvallis**  
"STROKE & BRAIN INJURY  
SUPPORT GROUP"  
1st Tuesday 1:30 to 3:00 pm  
Church of the Good Samaritan Lng  
333 NW 35th Street, Corvallis, OR  
Call for Specifics  
Wendy Greene, (541) 768-5157  
wgreene@samhealth.org

**Eugene (3)**  
"HEADS UP"  
2nd Tuesday 7:00 -9:00pm  
Sacred Heart Hospital  
Oregon Heart Center Conference Rm.  
1255 Hilyard St., Eugene, OR.  
Mary Bunch, (541) 998-3048  
mebunch1@juno.com

"COMMUNITY REHABILITATION SERVICE  
OF OREGON"  
2nd Tuesday 7:00 to 8:30 pm  
Central Presbyterian Church  
15th & Patterson, Eugene, OR. 97401  
Call for Information  
Jan Johnson, (541) 342-1980  
comrehabjan@eschelon.com

"BIG" (BRAIN INJURY GROUP)  
Tuesdays 11:00am-1pm  
Hilyard Community Center  
2580 Hilyard Avenue, Eugene, OR. 97401  
Call for Information  
Leslie Murphy & Curtis Brown  
(541) 345-8376 or (541) 986-0430  
Pisarelli@aol.com or BCCBrown@aol.com

**Portland (5)**  
"BRAINSTORMERS I"  
2nd Saturday 10:00 - 11:30am  
Women's self-help group  
Wilcox Building Conference Room A –  
Next to Good Samaritan Hospital  
Northwest Portland  
Jane Starbird, Ph.D., (503) 413-7707  
drstarbird@aol.com

"BRAINSTORMERS II"  
3rd Saturday 10:00am-12:00noon  
Survivor self-help group  
Emanuel Hospital, Rm 1073  
2801 N Gantenbein  
Northeast Portland  
TBA  
Call BIAOR Office  
(503) 413-7707

"FARADAY CLUB"  
1st Saturday 1:00 -2:30pm  
Peer self-help group for professionals with brain  
injury  
Emanuel Hospital, Rm. 1035  
2801 N Gantenbein  
Northeast Portland  
Arvid Lonseth, (503) 680-2251 (pager)  
alonseth@pacifier.com

"SURVIVOR, FAMILY & SPOUSAL  
SUPPORT GROUP"  
2nd Wednesday 6:00 -8:00 pm  
Conference Room  
2145 NW Overton, Portland, OR 97210  
Northwest Portland  
Stephen Wright (503) 413-7707  
headsup@pacifier.com

"TBI CLUB"  
Location varies, call for times and  
location of meetings  
Meets twice a month - days and times vary  
call for information  
Sandra Ward, (503) 735-4871  
slwsundance@qwest.net

**Klamath Falls**  
"SPOKES UNLIMITED TBI GROUP"  
4th Friday 3:00pm to 4:30pm  
415 Main Street  
Klamath Falls, OR  
Dawn Lytle, (541) 883-7547  
sustaff@cdsnet.net

**Lebanon**  
SPEAKER & POT LUCK DINNER  
1st Thursday - 5:45 to 8:30 PM.  
Please pre-register  
SUPPORT GROUP - 3rd Thursday-  
6:30pm to 8:30pm  
Waterloo Chapel, Lebanon  
(Corner Gross St. & Waterloo Road)  
Laurel Russell, (541) 258-7769  
flyingwvranch@earthlink.net

**Medford**  
"TURNING POINT"  
3rd Tuesday 4:00pm-5:00pm  
Call for More Information  
Pam Ogden, (541) 776-3427  
PAM@sogoodwill.org

**Roseburg**  
"UMPQUA VALLEY DISABILITIES NETWORK"  
2nd Monday 12 noon - 1pm  
419 NE Winchester, Roseburg, OR 97470  
(Call for More Information)  
Vance Morris, (541) 672-6336  
vancemorris@udvn.org

**Salem (2)**  
"SALEM BRAIN INJURY SUPPORT GROUP"  
4th Thursday 6:30pm-8:30pm  
Salem Rehabilitation Center  
2561 Center Street  
Leah Bordewich, (503) 561-1974  
leah.mangis@salemhospital.org

SALEM SOCIAL CLUB"  
6:30pm - 8:30pm  
2nd Wednesday  
Residential Alternative Housing  
3005 Windsor Ave. NE  
Salem, OR 97301  
Pam Olson, (503) 588-7594  
pam-olson@worldnet.att.net

**Crossroads Brain Injury Discussion Group - Independent Living Resources**  
Second Wednesday of every month, 10-noon — 2410 SE 11th, Portland, OR 97214

**New Portland Group**  
Darian Hartman  
Independent Living Resources  
2410 SE 11<sup>th</sup>, Portland, OR 97214  
ILR Portland  
503-232-7411 [ilr\\_darian@hotmail.com](mailto:ilr_darian@hotmail.com)

Open to any brain injury survivor who would like to participate in discussions, problem-solving sessions, giving and receiving support, and sharing your experiences and solutions with others recovering from brain injuries.

**New Portland Group**  
Eric Peterson  
3150 SW Bertha, Apt. 3  
Portland, OR 97201  
(503) 244-3961  
[Gaggle29@msn.com](mailto:Gaggle29@msn.com)



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