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# HEADLINER

Summer 2004  
Vol. VI Issue 1

The Newsletter of the Brain Injury Association of Oregon

## What's Inside?

President's Corner  
Page 2

Board of Directors  
Page 2

Survivors Corner  
Page 3

Salem Awareness  
Walk 2004  
Page 4

New Program for  
TBI-OAC  
Page 5

Pacific Northwest  
Regional News  
Page 6

2nd Annual Pacific  
Northwest Brain  
Injury Conference  
Information and  
Registration  
Page 7-10

12th Annual Golf  
Tournament  
Page 11-12

Fun Facts About  
the Brain  
Page 13

Support Groups  
Page 15

## 2nd Annual Pacific Northwest Brain Injury Conference 2004 Coming to Town

"Sleep, Mood, and Behavioral Disorders" is the theme for the 2nd Annual Pacific Northwest Brain Injury Conference. The conference will be held at the Portland Airport Sheraton Hotel Friday and Saturday, October 1-2, 2004. It is sponsored by the Brain Injury Association of Oregon. With a regional planning committee, the planning committee has representatives from California, Idaho, Oregon, North Dakota, and Washington.

This multidisciplinary conference will address issues commonly faced by survivors of brain injury and their family members, along with established and emerging interventions and practices. Presentations will highlight the latest research on assessing and treating conditions resulting from brain injuries, including physical, cognitive and psychosocial impacts. Sessions will address advocacy, conventional and alternative medical treatments, rehabilitation, local, state and community resources.

Friday's program will be targeted to professionals, service providers, advocates and government agency case staff. Saturday's program will add a community track targeting survivors and family members, social workers, case managers and

advocates.

### Two Day Indigenous Peoples Planning and Training Sessions

This year will start the first annual sessions for indigenous peoples workshops on brain injury and funding resources. The sessions will be led by Lieutenant Betty Hastings, MSW, federal coordinator for the Emergency Medical Services for Children (EMSC) Program with the Indian Health Service (HIS), and former Director of the TBI State Grant Program, Maternal and Child Health Bureau, Health Resources and Services Administration, and Alta Bruce, Chair, Indigenous BIA, Injury Prevention Specialist, Indian Health Service, ND. The two day session will include discussion on how to identify and implement change in behaviors, where to go for funding, and grant writing techniques to secure resources for implementing changes.

### Certified Brain Injury Specialist

This year we being offering training and examination for Level 1 AA Certification of Brain Injury Specialists (AACBIS). Kristi Schaefer, RN, will be teaching the course and proctoring the examination. Space is limited, early registration suggested.

*(Continued on page 2)*

**Brain Injury Association  
of Oregon  
Board of Directors  
Executive Committee & Officers**

Stephen Wright /President .....Portland  
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 Kate Morris, Ph.D./Secretary .....Portland  
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 Michael Kesten .....Salem  
 Robert Malone .....Portland  
 Sharon Maynard .....Salem  
 Chuck McGilvray .....Central Point

*Brain Injury Association of Oregon, Inc.*  
 2145 NW Overton Street  
 Portland, Oregon 97210

(503) 413-7707 • Fax: (503) 413-6849  
 Toll Free in Oregon 1-800-544-5243  
 Website: [www.biaoregon.org](http://www.biaoregon.org)  
 Email: [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

**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

Editor: Sherry Stock, 503-413-7707  
 Email: [sherry@biaoregon.com](mailto:sherry@biaoregon.com)

**Advertising in Headliner**

<b>Rate Schedule</b>	<b>Issue</b>	<b>Annual/4 Issues</b>
A: Business Card	\$ 75	\$ 225
B: ¼ Page	\$125	\$ 375
C: ½ Page	\$225	\$ 675
D: Full Page	\$400	\$1,200

**Policy**

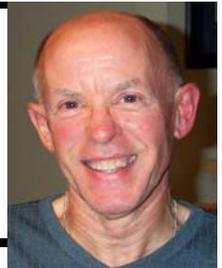
The material in this newsletter is provided for education and information purposes only. The Brain Injury Association of Oregon does not support, endorse or recommend any method, treatment, facility, product or firm mentioned in this newsletter. Always seek medical, legal or other professional advice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

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

**2**

# PRESIDENT'S CORNER

**Stephen Wright**



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

We are headed into a very busy time of the year for the Association. Elsewhere in this issue you will read about the Association's Annual Golf Tournament in August, the Brain Injury Awareness Walk in September and the Northwest Regional Brain Injury Conference in October.

We are always looking for people interested in volunteering their time and talents to help with these and other events and to help us reach out to brain injury survivors and their families. If you are interested please contact us at 800-544-5243 or via email at [biaor@biaoregon.org](mailto:biaor@biaoregon.org).

One Board priority is to reach out to families just beginning to face the challenges of a recent brain injury. This form of peer support has been identified as something that would be very helpful to help others avoid some of the pitfalls you may have experienced. If you are interested in receiving more information or in helping to develop this program, please contact me.

Elections for the Board of Directors will be conducted by mail in advance of the Brain Injury Conference. Members will receive notification of election procedures and ballots. At this time, the Nominating Committee invites anyone who is interested in serving, who is willing to work and who is committed to serving people with brain injury and their families to contact us for additional information.

Finally, we will be sending out membership renewal information in the near future. We count on your continued membership to help enable the Association to carry out our mission of "improving the quality of life for persons with brain injury and their families; and to prevent brain injury."

Believe that life is worth living and your belief will help create the fact. — **William James**

*(Continued from page 1)*

Speakers include:  
**Lieutenant Betty Hastings**, MSW, federal coordinator for the Emergency Medical Services for Children (EMSC) Program with the Indian Health Service (HIS), and former *Director of the TBI State Grant Program, Maternal and Child Health Bureau, Health Resources and Services Administration.*

**Alta Bruce**, Chair, Indigenous BIA, Injury Prevention Specialist, Indian Health Service, ND

**Manfred Tatzmann**, Michigan State TBI Grant Director-How to navigate the system and design your own survivors guide.

*(Continued on page 11)*

# Survivor Corner

“On a clear day you can see forever...” On July 2, 1995, I was seeing quite clearly until someone changed the creative path for me and my family. We were headed to the Oregon coast to enjoy the sunny day, but didn't make it. Instead of roaring breakers, we heard the sound of our car hitting an embankment and flipping end over end. That's when I went blank and entered into a “near death state.” It's so peaceful that you wish everyone could experience it – but without the trauma. It's truly almost magical, yet reassuring for me now.

As I learned later (I have no memory of this), an off duty state trooper found our car in the ditch. The person that forced us off the road was nowhere to be found. I was the front seat passenger in my car and a friend was driving. My girls and a friend were in the back seat. Apparently my head hit the side of the door and the dashboard numerous times. Everyone else managed to get out of the car. However, I was unable to move. Gas was leaking. The fear they endured must have been unbearable. Thankfully, an ambulance arrived and took my youngest daughter and me to the nearest hospital. I was complaining of excruciating head

pain and my daughter had sprained her lower back. We were released from the hospital to go home and rest for the next several days.

Those “several days” turned into months. I was suffering from long and short term memory loss. We began seeking out doctors who could determine what was wrong. After several months, we found doctors that would actually listen. The diagnosis was Mild Traumatic Brain Injury. Brain Injury is like waking up in yourself, however, you do not know where you are, who you are supposed to be, who anybody is, including your family. I lost friends because I had no memory of experiences with them. One of them even said “*You don't look like you had an accident, where are your scars?*” “Inside” I told her. Others thought I was faking the whole thing. Needless to say this really hurt— to this day it still does.

I locked myself in the house and didn't go out for long periods of time, afraid I'd run into people who knew me and I'd have no idea who they were. I went to doctors for memory issues and emotional side effects. From my immediate family's point of view, **Mom is gone!** There is a woman that looks like her but doesn't act like she used to act. Conversations are difficult because she can't remember anything before the accident.

I thought my creative side was gone! However, in 1997, I decided to relearn

my computer skills for my business and took some online classes to help the process. Each day was a struggle-- baby steps forward, then several backward. Through many days of relentless pain, swearing and laughter, I have jumped through hoops, mostly on my own. You have to learn to laugh at and with yourself. A sense of humor really helps you get through many obstacles.

I'm redefining myself as I live. Bits and pieces of my past life come to me in my dreams; occasionally memories are flowing back. I volunteered my services as Web Designer for the Brain Injury Association of Oregon back in late 1999 and continue to this day. It's a fun job and I learn as I go and discover what is being done for other survivors as well

I'm living proof that life does go on as a survivor of TBI. I have my good and my bad days! I enjoy flower gardening, crafts, painting, music, sewing, creating graphics and writing poetry. I'm very thankful to be alive and to enjoy my friends and family. My husband and I will celebrate our nineteenth wedding anniversary this September. We have two loving daughters, two precious granddaughters and a



Karen Cuno-Stoeffler

Residential  
Alternative  
Housing, Inc.

Phone: 503-581-0393  
Fax: 503-581-4320

Jean Kindsvogel  
Administrator

1545 30th Avenue NE  
Salem, Oregon 97301

(Continued on page 11)

# 2004 Brain Injury Awareness Walk



## Together We Can Prevent Traumatic Brain Injury

- Wear seat belts
- Use baby seats
- Wear Protective Helmets
- Help Stop Child Abuse

Date: September 18, 2004

Time: 10 AM to 1 PM

Salem Riverfront Park

Salem, Oregon

Join Us as we walk to Prevent Brain Injury & and Support Persons with Brain Injury

- Entertainment and refreshments
- Gift drawing for registrants
- Special prizes for top fundraisers
- T-Shirts for all registrants

Come, have fun and show your support for persons with brain injury and their families

More Information: 503-413-7707 or 800-544-5243

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# New Program for TBI at Oregon Advocacy Center

By Neisha Saxena, OAC Attorney and PATBI Coordinator

The Oregon Advocacy Center (OAC) recently received federal funding to assist survivors of Traumatic Brain Injury. This article will provide an overview of this new program.

## What is OAC?

OAC is an independent non-profit organization which provides legal advocacy services for people with disabilities anywhere in Oregon. OAC is designated under federal law as the protection and advocacy system for Oregon, but it is not a part of the state or federal government. OAC has attorneys and advocates who assist people with disabilities.

## What Does OAC Do?

OAC offers free legal assistance and other advocacy services to individuals who are considered to have physical or mental disabilities. OAC works only on legal problems which relate directly to the disability.

## What is Protection and Advocacy Traumatic Brain Injury Project?

Protection and Advocacy Traumatic Brain Injury Project (PATBI) is a program for people who have had a brain injury, after birth, from a blow to the head, a shaking injury, or another type of external cause. The mission of PATBI is to improve access to health benefits, and increase the quality, availability and effectiveness of programs designed to improve the health and quality of life for people with traumatic brain injury.

## Is PATBI a government agency?

No, PATBI is an independent program of OAC, a private non-profit law office working to defend

and promote the rights of people with disabilities. PATBI is funded by a grant from the U.S. Department of Health and Human Services as authorized by recent amendments to the TBI Act (P.L. 104-166).

## What kind of cases can PATBI handle?

Resources permitting, PATBI will help with the following issues:

- getting or keeping publicly-funded in-home support services and other services designed to allow people with TBI full access to their communities;
- special education services;
- getting or keeping Social Security and other public benefits and services;
- getting or keeping mental health services;
- getting or keeping health care coverage and services; and
- other legal issues for people with TBI that fall within OAC's priorities and objectives.

## Does PATBI serve individuals with brain injury not caused by trauma?

Individuals with other types of brain injury are not covered by PATBI but they may still be eligible OAC services, and should contact OAC with questions about their rights.

## What kind of help can PATBI give me?

A full range of legal services including:

- information and referral;
- case specific advice;
- negotiation and help with mediation;
- legal advocacy and



representation in administrative and court hearings; and

- education, training and technical assistance.

## What other services will PATBI provide?

PATBI provides regular training on the rights of people with TBI, frequently in conjunction with BIAOR. These trainings are available upon request to persons with TBI, their family members, and/or advocates. If you would like to schedule a training, please contact either the PATBI Program Coordinator at OAC or BIAOR.

## How do I contact PATBI?

For assistance, more information, or to receive a list of OAC publications, call us at:

(503) 243-2081  
1-800-452-1694 (voice)

(503) 323-9161  
1-800-556-5351 TTY

## Email:

[welcome@oradvocacy.org](mailto:welcome@oradvocacy.org)

## Visit our Web Site:

[www.oradvocacy.org](http://www.oradvocacy.org)

## Or Write Us At:

Oregon Advocacy Center  
620 SW Fifth Ave, Suite 500  
Portland, OR 97204-1428



## Pacific Northwest Interstate Regional News

As a loaned executive to United Way of King County, Bobby Wooten embraced his job of stimulating donations from Seattle-area labor unions. Tall and athletic, with a vibrant personality and warm wit, he rallied teamsters, plumbers, carpenters, and cement contractors to raise millions of dollars.



Bobby was eligible for a rare opening in the recently established 'Heads Up' program of *ElderHealth Northwest*, a senior center and partner agency of United Way of King County. 'Heads Up' is a day health program particularly designed for younger adults who have suffered brain injury.

Here he experiences daily rehabilitation for the body and mind through exercise, memory games, and other activities.

Today he confidently strides through the *ElderHealth Northwest* halls with the aid of a walker, recalls more every day, and is proud of his accomplishments. "I am able to put on my trousers, socks, belt and tie...I couldn't do that early on...I was a complete basket case!" he says cheerfully. And although his speech is still slow, the twinkle is returning to his eye.

Among the staff and participants of the 'Heads Up' program, Bobby finds camaraderie in a community that empathizes with his life-changing event. "One of the key benefits is being with people who have similar experiences," he explains patiently.

"We talk about things that are mundane to others, yet germane to us." His anger is dissipating as he reclaims his competence. Best of all, Bobby has been able to resume coaching his brood of young football players.

Bobby's former efforts to feed the United Way of King County's Community Safety Net Fund-a fund that touches so many people from a variety of backgrounds-have an added poignancy, now that he is dependent on such a supported program. "Coming to grips with the fact that others are responsible for my survival is important to me," Bobby says seriously. With hope he adds, "I look forward to the day that I can take care of myself."

Reprinted with permission of United Way of King County

*ElderHealth Northwest* is a sponsor and exhibitor for the Annual Pacific Northwest Regional Brain Injury Conference, this year on October 1 & 2, 2004 at the Sheraton Airport Hotel, Portland, Oregon.

For more information on the **2004 Conference** please go to:  
[www.biaoregon.org/eventsnews.htm](http://www.biaoregon.org/eventsnews.htm)

### **RALPH E. WISER III**

*Attorney at Law*  
**Brain Injury  
Wrongful Death  
Workplace Injuries  
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Kruse Woods One  
5285 SW Meadows Rd., Suite 333  
Lake Oswego, Oregon 97305

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6

**TEAM** VIRGINIA MASON  
**MEDICINE**

### **JENSEN, ELMORE & STUPASKY, P.C.**

ATTORNEYS AT LAW

DAVID JENSEN

EUGENE OFFICE  
1399 FRANKLIN BLVD., SUITE 220  
EUGENE, OREGON 97403  
(541) 342-1141

SISTERS OFFICE  
220 S. ASH • P.O. BOX 1408  
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(541) 549-1617

**A Conference for brain injury survivors, family members, professionals, service providers and others interested in brain injury.**



**The Brain Injury Association of Oregon**

A Chartered State Affiliate of the Brain Injury Association of America, Inc.

**Presents:**

# **The 2nd Annual Pacific Northwest Brain Injury Conference 2004**

## **Sleep, Mood, and Behavioral Disorders after Brain Injury**

Opening with a Traditional Tribal Ceremony Performed by  
*Ramona Ahto*

### *Keynote Speakers:*

*Friday: Lieutenant Betty Hastings*, MSW, federal coordinator for the Emergency Medical Services for Children (EMSC) Program with the Indian Health Service (HIS), former Director, Traumatic Brain Injury Program, the Maternal and Child Health Bureau of the Health Resources and Services Administration

*Saturday: Manfred Tatzmann*, Michigan State TBI Grant Director, creator of "How to navigate the system and design your own survivors guide"

### **Two Day Indigenous Peoples Planning and Training Session**

Alta Bruce and Lt Betty Hastings and will conduct a two day session that will include discussion on how to identify and implement change in behaviors, where to go for funding, and grant writing techniques to secure resources for implementing changes.

**October 1-2, 2004**

**Sheraton Portland Airport Hotel  
Portland, Oregon**

## 2nd Annual Pacific Northwest Brain Injury Conference

The Brain Injury Association of Oregon (BIAOR) invites you to participate in the 2nd Annual Pacific Northwest Brain Injury Conference: "Mood, Sleep, and Behavior Disorders after Brain Injury". The two day conference will be held on Friday and Saturday, October 1st & 2nd, 2004, at **The Sheraton Portland Airport Hotel**, Portland, OR.

### *Preliminary Conference Program*

All conference activities will take place at the: **The Sheraton Portland Airport Hotel**  
8235 N.E. Airport Way, Portland, Oregon 97220-1398 **(503) 281-25000** or **(888) 625-5144**

Friday, October 1 (Professional Focus)	Saturday, October 2 (Professional & Consumer Focus)
<b>7:00 a.m. - 7:45 a.m.</b> Registration and Check-in Continental Breakfast	<b>7:45 a.m. - 8:45 a.m.</b> Registration and Check-in Continental Breakfast
<b>8:00 a.m. - 9:00 a.m.</b> <b>Welcome to BIA Conference 2004:</b> <b>Keynote Speaker – Lt Betty Hastings</b> Opening with Traditional Tribal Ceremony— <b>Ramona Ahto</b>	<b>8:30 a.m. - 8:45 a.m.</b> <b>Welcome to BIA Conference 2004:</b> Opening with Traditional Tribal Ceremony - <b>Ramona Ahto</b>
<p style="text-align: center;"><b>9:15 a.m. - 10:15 a.m.</b></p> <p><b>Track 1:</b> Dr. Mark Yerby, MD, OHSU - Treatments and Medications being used to treat Epilepsy <b>Track 2:</b> Panel- Alta Bruce, Lt Betty Hastings - NW Tribal discussion on identifying and changing behaviors <b>Track 3:</b> David Clemmons, PhD, UW – Job Issues and Latest techniques on job training</p>	<p style="text-align: center;"><b>8:30 a.m. - 8:45 a.m.</b></p> <p><b>Keynote Speaker: Manfred Tatzmann</b>, Michigan State TBI Grant Director-</p>
<p style="text-align: center;"><b>11:15 a.m. - 12:15 p.m.</b></p> <p><b>Track 1:</b> Dr. Boyd, Neuropsychologist - Emerging role of the Frontostriatal Systems in Brain Injury -- Systems that include the frontal lobe-involved in depression, loss of will, and more emotional roles. <b>Track 2:</b> Panel - Alta Bruce - NW Tribal discussion on identifying and changing behaviors <b>Track 3:</b> Teaching students with BI-TBA</p>	<p style="text-align: center;"><b>10:00 a.m. - 11:30a.m.</b></p> <p><b>Track 1:</b> Latest from WA Model Systems-current research relevance to restoration of brain function, especially cognitive function or memory: Effect of Exercise on Mood and Quality of Life, TBI and Depression, Brain Injury and Memory. <b>Track 2:</b> Panel - Alta Bruce - NW Tribal discussion on how to implement change in behaviors <b>Track 3:</b> Bart Stevens - Special Needs Planning for Persons with a Brain Injury</p>
<b>12:15 p.m. - 1:30 p.m.</b> Lunch	<b>11:30 a.m. - 1:00 p.m.</b> Lunch
<p style="text-align: center;"><b>1:30 p.m. - 2:30 p.m.</b></p> <p><b>Track 1:</b> George Keepers, Psychiatrist, OHSU - Medications being used in treating BI – behavior problems, such as Abilify. <b>Track 2:</b> Follow-up with LT. Betty Hastings <b>Track 3:</b> Certification course for CBIS Level I short course and proctored examination – Kristi Schaeffer</p>	<p style="text-align: center;"><b>1:00 p.m. - 2:30 p.m.</b></p> <p><b>Track 1:</b> Pennie Seibert, PhD, Psychologist, ID- Undiagnosed Sleep Disorders Undermine TBI Recovery <b>Track 2:</b> <i>Show me the money.</i> Part 1: Sharon Maynard- Doug Swanson's Social Security and worker's compensation issues Part 2: How to setup trusts <b>Track 3:</b> McKay Moore Sohlberg - Laurie Ehnhardt - <i>Compensating for Impairments in Memory and Executive Functions: How Can We Maximize the Effectiveness of External Aids and Adaptive Devices?</i></p>
<p style="text-align: center;"><b>2:45 p.m. - 3:45 p.m.</b></p> <p><b>Track 1:</b> Ted Becker, PhD, WA-Case Presentations on Physiological Measurement of Fatigue Following Brain Injury. <b>Track 2:</b> Chris Persel, Centre for Neuro Skills, CA; Michel Weaver, Learning Services, CA; Mike McCormick, Rehab without Walls, WA: Behavioral issues and ways of dealing with them. <b>Track 3:</b> Certification course for CBIS Level I short course and proctored examination (continued)– Kristi Schaeffer</p>	<p style="text-align: center;"><b>3:00 p.m. - 4:30 p.m.</b></p> <p><b>Track 1:</b> Lloyd Cripe, MD-Neurologist, WA / Alfred Lewey, MD, Psychiatrist, OHSU: Mood, Sleep and behavioral issues and the latest treatments <b>Track 2:</b> Round table – <i>Where do we go from here?</i> Bob Joondeph creating a allying point-and a consensus – where are we going to go-what are we going to do next <b>Track 3:</b> Manfred Tatzmann - How to navigate the system and design your own survivors guide</p>
<p style="text-align: center;"><b>4:00 p.m. - 5:00 p.m.</b></p> <p><b>Track 1:</b> Ted Becker, PhD, Washington-Case Presentations on Physiological Measurement of Fatigue Following Brain Injury. <b>Track 2:</b> Chris Persel (Centre for Neuro Skills)-Michel Weaver (Learning Services), Mike McCormick (Rehab without Walls) Behavioral issues and ways of dealing with them <b>Track 3:</b> Certification course for CBIS Level I short course and proctored examination (continued)– Kristi Schaeffer</p>	<p style="text-align: center;"><b>5:00 p.m. - 5:45 p.m.</b> Networking</p>



# Registration Form - BIAOR Annual Conference 2004

## 2nd Annual Pacific Northwest Regional Brain Injury Conference

### Sleep, Mood and Behavioral Disorders

**Please register not later than September 15, 2004 to receive discount, assure admittance and facilitate check-in.**

*(Note: A separate registration form is needed for each person attending.  
Please make extra copies of the form as needed for other attendees.)*

First Name _____	Last Name _____
Badge Name _____	Affiliation/Company _____
Address _____	City _____ State _____ Zip _____
Phone _____	Fax _____ Email _____
Special Needs _____	

**Please check all that apply:**

- I am interested in volunteering at the conference. Please call me.
- I am requesting continuing education credits (CEU's and CME's) for the conference.
- I would like to make a donation to cover costs of survivors unable to pay (see below).
- Call me about sponsorship/exhibitor opportunities.

Conference Registration Fees: Registration fees include: continental breakfast, breaks and lunch on Friday and/or Saturday; all conference related materials; continuing medical/educational units; and access to all conference sessions, exhibits and roundtables.

	<i>BIAOR Member<sup>1</sup></i>	<i>Non-Member</i>	<i>Accompanying Person<sup>2</sup></i>	<i>Amount</i>
___ <u>2 Day Conference Advance-</u>	\$225	\$275	\$130	
___ <u>After September 15</u>	\$250	\$300	\$155	\$
___ <u>Friday Only Advance-</u>	\$175	\$200	\$80	
___ <u>After September 15</u>	\$200	\$225	\$105	\$
___ <u>Saturday Only Courtesy<sup>3</sup> Advance</u>	\$20	\$30		
___ <u>Courtesy<sup>3</sup> After September 15</u>	\$25	\$35		\$
___ <u>Saturday Only Survivor/Family Advance-</u>	\$50	\$75		
___ <u>Survivor/Family After September 15</u>	\$75	\$95		\$
___ <u>Saturday Only Professional Advance-</u>	\$125	\$150		
___ <u>Professional After September 15</u>	\$150	\$175		\$

- 1) A limited number of conference scholarships are available to survivor members of BIAOR to cover the costs of conference registration.
- 2) Accompanying Person: Registration fee includes continental breakfast, lunches and exhibition only. Fee does not include admission to conference sessions.
- 3) Courtesy rate is for brain injury survivors with limited means.

I want to become a BIAOR member NOW to receive the discounted registration fee:

- |  |   |  |  |  |
|--|---|--|--|--|
| <input type="checkbox"/> Basic-\$35        | <input type="checkbox"/> Family-up to 3 people-\$50 | <input type="checkbox"/> Survivor Courtesy <sup>3</sup> -\$0 | <input type="checkbox"/> Professional-\$50       | <input type="checkbox"/> Sustaining-\$100            |
| <input type="checkbox"/> Corporation-\$200 | <input type="checkbox"/> Sponsorship Bronze-\$250   | <input type="checkbox"/> Sponsorship Silver-\$500            | <input type="checkbox"/> Sponsorship Gold-\$1000 | <input type="checkbox"/> Sponsorship Platinum-\$2000 |

Scholarship Contribution \_\_\_\_\_ (donation to assist in covering the cost of survivors with limited funds)

## Registration and Membership

Total \$ \_\_\_\_\_

(Please add totals from Registration Fee, Membership Fee and Scholarship Contribution for final total costs)

**Online Registration is available. Please check the BIAOR website for the online registration form link.**

Please turn over  
Registration continued on  
next page

**Mail registration forms and payments to:  
2004 Conference  
Brain Injury Association of Oregon  
2145 NW Overton  
Portland OR 97210-2924**

## Conference 2004 Registration Continued

### Payment

Payment in full must accompany your registration. Payment may be made by check or money order, VISA , Discover, or MasterCard.

Enclosed please find my check/ money order payable to BIAOR in the amount of \$ \_\_\_\_\_.

Please charge to my credit card (\$35 minimum):

Visa     MasterCard     Discover    **Total Charged to Credit Card** \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date \_\_\_\_\_

Print name as it appears on card: \_\_\_\_\_ Signature of

Cardholder: \_\_\_\_\_

### Certification for Brain Injury Specialist

*Please contact the office* (503) 413-7707 or Toll free: (800) 544-5243

### Confirmation and Cancellation Policies

Confirmation letters will be e-mailed within five business days of receipt of registration. If your confirmation is not received within 2 weeks, please contact us via e-mail at [biaor@biaorgon.org](mailto:biaor@biaorgon.org) or by telephone at 1-800-544-5243 or 503-413-7707, M-F, 9-5.

Cancellations must be received in writing by September 26, 2004 to qualify for a refund. A \$25.00 administrative fee will be deducted. Substitutions are always welcomed and no-shows will be billed.

### Registration, Payment, and Refund Policy

Please submit payment with completed registration form. Fees are payable by check, credit card, or state government purchase orders which obligate payment. All payments must be received by September 15, 2004, to be eligible for discount. All cancellations are subject to a \$25 processing fee. No refunds will be issued for cancellations received after September 26; however, registrations are transferable.

## Accommodation Information

Please make reservations directly with The Sheraton Portland Airport Hotel , 8235 N.E. Airport Way, Portland, Oregon 97220-1398

**Reservations: (503) 281-25000 or (888) 625-5144 - Reservation Deadline: September 15, 2004**

A block of rooms has been reserved for the conference participants at a special rate of \$119 for both single's and double's. All reservations must be guaranteed with a major credit card. Reference the "Brain Injury Conference" for rooms. Rooms are limited, please make your reservations early. Reservations must be made by Monday, September 15, 2004 in order to receive our special rate.

The conference will provide participants from a wide constituency of local, interstate, tribal, federal, national, international, and community-based brain injury associations and programs with information and skills building to

- Identify strategies to increase and improve individual, community and public health involvement in developing a comprehensive approach to brain injury prevention and intervention.
- Develop and apply strategies for establishing new partnerships and strengthening existing ones.
- Identify mechanisms for improving the infrastructure for comprehensive brain injury support at the state, local, and regional levels.
- Identify existing strategies and explore innovative community brain injury intervention and public education.
- Identify evaluation strategies for assessing comprehensive brain injury initiatives.

Plenary sessions, concurrent topic discussions, short courses, exhibits, and demonstrations will be designed to support the conference purposes and offer numerous opportunities to network and build new partnerships.

The **Board of Directors**  
cordially invite you to the annual Summer Picnic  
at Residential Alternative Housing.

**When:** From 1:00-4:00

**Where:** Residential Alternative Housing, Inc.  
3005 Windsor Ave NE

**Date:** Saturday August 21<sup>st</sup>



**Dessert:** Ice Cream Sandwiches

**What's cooking:** barbecue hotdogs, hamburgers, cole slaw,  
and potato salad

**RSVP** and REGRETS requested. Please call Paige Blessing at 503 485-2413



*(Continued from page 3)*

strong extended family support group. We are blessed.

K. Cuno-Stoeffler  
Imagination is your Intelligence having fun!

*(Continued from page 2)*

**Pennie Seibert**, Professor Chair of Psychology Department Director of Applied Psychological Science Research Institute Director of Research, Idaho Neurological Institute at Saint Alphonsus Regional Medical Center - Undiagnosed Sleep Disorders Undermine TBI Recovery.

**Ted Becker**, PhD, Washington-Case Presentations on Physiological Measurement of Fatigue Following Brain Injury.

**Chris Percel**, Centre for Neuro Skills - Behavioral issues and TBI.

**Continuing education credits** will be offered for physicians, nurses/nurse practitioners, case managers, social workers, etc. We are offering training and examination for Level 1 AA Certification of Brain Injury Specialists (AACBIS). Don't miss it. Join national, state, and local policy makers, physicians, health care professionals, health agencies, business and education communities, Brain Injury Association members, survivors and family members, and advocates from 12 states and leading health stakeholders at the 2nd Annual Pacific Northwest regional conference.

The conference program will enable health professionals to discuss current practices and state and community representatives to discuss strategies designed to significantly improve access to resources, support mechanisms, and various marketing and advocacy strategies for the next year or more for each states.

For more information, please go to the BIAOR website: [www.biaoregon.org](http://www.biaoregon.org), or call Sherry Stock at 503-740-3155.

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

- without medication
- holistically
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- many years after the injury

Using gentle movement activities and good nutrition, the HANDLE® 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.



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(206) 860-2665 [www.handle.org](http://www.handle.org)

## Fun Facts About the Brain

- Blueberries seem to spark the growth of brain cells and improve memory! A Tufts University neuroscientist fed rats blueberries for two months. They then had to swim through a maze, as did rats whose diets did NOT include blueberries. After five days, the blueberry-fed animals made only half the mistakes as the rats that did not eat blueberries. Source: the Dana Foundation's BRAIN in the News
- Messages travel to and from your brain at over 250 mph, the fastest speed occurring anywhere in your body!! \*
- Your brain holds over 100 BILLION neurons, or nerve cells, each one connecting to hundreds of other nerve cells. \*
- The brain of an octopus has approximately 300 million neurons. Source: *How Animals See*, S. Sinclair, 1985.
- Rate of neuron growth (early pregnancy) = 250,000 neurons/minute  
Source: <http://faculty.washington.edu/chudler/facts.html>
- Nerve cells need a continuous supply of both food (glucose) and oxygen. \*
- All of your "thinking" is done by electricity and chemicals. \*
- Your brain is about as big as two fists held together and weighs about 3 pounds.  
Source: *Brainbox*, Rose & Lichtenfels 1997.
- Leonardo da Vinci was one of the first people to realize the real shape of the ventricles inside the brain. For thousands of years before, they had always been drawn as spheres. Leonardo poured hot wax into the ventricles of a dead ox to reveal the true shape of the ventricle system. \*

\*Source: *BIG HEAD! A Book About Your Brain and Your Head*, Rowan 1998.

## 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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Please mail to:

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**2145 NW Overton**  
**Portland, OR 97205**  
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 800-544-5243  
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**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.



# 12TH ANNUAL BRAIN INJURY ASSOCIATION GOLF TOURNAMENT



August 7, 2004

1:00 PM Shotgun Start



*To benefit Oregon brain injury survivors and their families*

## Stone Creek Golf Course

Located just south of  
Oregon City at :  
14603 South Stoneridge  
Drive, Oregon City



**HOW MUCH ?** \$ 125 Per Person  
Includes : range balls, 18 holes of golf,  
electric cart, box lunch, catered barbecue  
dinner, live entertainment and great fun!

**FORMAT:** Four Person Scramble

## Great Prizes !!!

*Putting Contest*

*Silent Auction*

*Raffle*

Make checks payable to:  
Brain Injury Association  
c/o Judy Shaw  
833 SW 11th Ave. , #507  
Portland, OR 97205

**For additional information  
contact Bob Malone  
503-736-7293**

# ENTRY FORM

## BRAIN INJURY ASSOCIATION

## GOLF TOURNEY



August 7, 2004

1:00 PM Shotgun

Stone Creek Golf Course

Make checks payable to:  
Brain Injury Association  
c/o Judy Shaw  
833 SW 11th Ave. , #507  
Portland, OR 97205

**HOW MUCH ?** \$ 125 Per Person

Includes : range balls, 18 holes of golf,  
electric cart, box lunch, catered barbecue  
dinner, live entertainment, and great fun!

Name

Address

Email

Telephone

If you are playing on a team, please list the other golfers and their telephone numbers.

Will you be staying for the barbeque?      Yes      No

Do you require a vegetarian meal?      Yes      No

Are you bringing additional people to the barbeque and if so, how many ?

---

There is a \$15 additional charges for anyone attending the barbeque and not playing in the tournament.

**For additional information contact Bob Malone 503-736-7293**

# 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  
Amy Nistico, (541) 768-5157  
aeasterl@samhealth.org

## Eugene (4)

### "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@aol.com

### **"BIG" (BRAIN INJURY GROUP)**

Tuesdays 11:00am-1pm  
Hilyard Community Center  
2580 Hilyard Avenue, Eugene, OR. 97401  
Call for Information  
Curtis Brown, (541) 986-0430  
BCCBrown@aol.com

### **"VETERANS SUPPORT GROUP"**

Dennis Epstein, (541) 607-7551  
Inactive, not meeting at this time. Mr. Epstein  
can be contacted for more information.  
dennis.epstein@med.va.gov

## Portland (6)

### **"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  
Steve Wright (503) 413-7707  
biaor@biaoregon.org

### **"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  
Steve Wright (503) 413-7707  
biaor@biaoregon.org

### **"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

### **Crossroads Brain Injury Discussion Group**

2nd Wednesday of every month, 10-noon  
Independent Living Resources  
Darian Hartman  
2410 SE 11th, Portland, OR 97214  
503-232-7411 ilr\_darian@hotmail.com

or

Eric Peterson(503) 244-3961  
3150 SW Bertha, Apt. 3  
Portland, OR 97201  
Gaggle29@msn.com

## Pendleton

Inactive at this time.  
Ms. McFarland can be contacted for more  
information.  
Joyce McFarland-Orr (541) 278-1194  
jmcfarland@Oregontrail.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

1st Thursday in early evening  
Lebanon Community Hospital  
525 North Santiam Highway, Conf Rm #6;  
Lebanon, OR  
call for more information  
Lisa Stoffey 541-752-0816  
or Mary Bergeman, 541-367-8344  
lstoffey@aol.com

## Medford

### **"TURNING POINT"**

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

## Roseburg

### **"UMPOUA 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



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2145 NW Overton  
Portland, OR 97210-2924

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**Training and examination for Level I AA Certification of Brain Injury Specialists (AACBIS) will be offered at the Annual Conference, October 1 - 2, 2004**

Contact Sherry Stock for registration and fee at [sherry@biaoregon.org](mailto:sherry@biaoregon.org)

*Space is limited, early registration suggested. [sherry@biaoregon.org](mailto:sherry@biaoregon.org)*

**DOBLIE & ASSOCIATES**  
ATTORNEYS AT LAW

GERALD C. DOBLIE

1015 SW YAMHILL  
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## How To Contact Us

### *Brain Injury Association of Oregon (BIAOR)*

2145 NW Overton  
Portland, OR 97210-2924  
(503) 413-7707

Toll free: (800) 544-5243  
Email: [biaor@biaoregon.org](mailto:biaor@biaoregon.org)  
Website: [www.biaoregon.org](http://www.biaoregon.org)

Oregon Brain Injury Resource  
Network (OBIRN)  
Toll free: (800) 544-5243  
Email: [tbi@wou.edu](mailto:tbi@wou.edu)  
Website: [www.tr.wou.edu/tbi](http://www.tr.wou.edu/tbi)

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