



the

# HEADLINER

Winter 2005  
Vol. VII Issue 1

The Newsletter of the Brain Injury Association of Oregon

## What's Inside?

**President's Corner**  
Page 2

**Board of Directors**  
Page 2

**OHSU Brain Fair at OMSI**  
Page 3

**Calendar of Events**  
Page 3

**Survivor to be on TV game show**  
Page 4

**Brain Power Tips**  
Page 5

**Volunteers in BIAOR Office**  
Page 5

**Survivor Corner- Keith Russett**  
Page 6-7

**5th Annual Fundraiser-My Fair Lady**  
Page 8

**Shelter Care: The Ulhorn Program**  
Page 10

**Support Groups**  
Page 11

## Brain Injury Advocates Needed

The 2005 Legislative which began on January 10<sup>th</sup> is again expected to be dominated by a struggle to balance competing service demands and tax resources inadequate to meet that demand. There is an apparent consensus that there will be no new taxes or a reduction of "tax expenditures" such as tax credits, exemptions, etc., which reduce the available tax base).

Overall, the Governor's recommended budget proposes a 3.7% increase in total spending for the Department of Human Services for 2005-07. However, this is not sufficient to allow for population growth, inflation (especially in health care costs) and the increasing elderly population. Among the cuts proposed are the following (reductions in total funds in millions are shown in parentheses):

- Eliminate the General Assistance program (financial assistance to persons awaiting a Social Security Administration determination on disability applications) (-16.5 million);
- Cap rates for Assisted Living Facilities (-43.3 million);
- Eliminate foster care provided by relatives (-55.5 million);
- Cap enrollment in home and community based waiver services for seniors and people with physical disabilities, including people with brain injury (-19.1 million)
- Delaying and reducing rate increases to service providers (ultimately reducing the number of providers and the quality of services).
- Eliminating dental and vision services for 124,000 Oregon

Health Plan clients (-36.6)

The Brain Injury Association's advocacy goals for this session include:

- Make legislators more aware of the nature and consequences of brain injury and the need for improved services and family support;
- Strengthen collaboration with other human services advocacy groups to insure that essential services for people with disabilities and seniors are preserved to the extent possible;
- Work to insure that cognitive deficits from brain injury receive proper weighting and recognition in determining eligibility for Medicaid Waiver for Home and Community

*(Continued on page 9)*

## ThinkFirst Oregon

The Brain Injury Association of Oregon will be partnering with Think First Oregon at this year's Sixth Annual OHSU Brain Fair. The event will be held at OMSI on Saturday and Sunday, March 12th and 13th, 2005 from 12:00-5:00 PM each day. BIAOR will have a table top display with information on new and emerging treatments for brain injury. BIAOR will be giving away free helmets as prizes for the trivia game with Think First Oregon. Think First will have a table top display with injury prevention information and handouts for all ages. The issues of focus will be helmet safety, motor vehicle safety, sports safety, and fall prevention. Think First will also be selling and fitting bicycle, skate, and ski helmets at discount prices.

If you are interested in our coming to your area, please call BIAOR at 1-800-544-5243

**Brain Injury Association  
of Oregon  
Board of Directors**

Wayne Eklund , RN/President.....Salem  
 Robert Malone/Treasurer.....Portland  
 Kate Morris, Ph.D.....Portland  
 Joan Brown . . . . . Portland  
 Curtis Brown . . . . . Cheshire  
 Danielle Erb, M.D. . . . . Portland  
 Rev. Jean Ellen Herzegh . . . . .Portland  
 Michael Kesten . . . . .Portland  
 Sharon Maynard . . . . .Portland  
 Chuck McGilvrary . . . . .Central Point

*Brain Injury Association of Oregon*  
 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: [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

**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*.

**PRESIDENT'S  
CORNER**

**Wayne Eklund, RN CNLCP**



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

2005 begins a new cycle in board officers. As in coming president, I would like to sincerely thank out going board officers: President, Stephen Wright & Treasurer, Bill Olson Bill. We thank Steve for his leadership and service to BIAOR while serving as a board officer and then President for the last 6 years. We are grateful that Steve will continue as an adviser with the BIAOR and as facilitator of the Brainstormers II Support Group. Bill Olson, exiting as treasurer, has served as past President of BIAOR as well. Bill has been an ever present advocate for brain injured survivors and families and we are encouraged that Bill will remain in an active role as an advisor to the board and advocate for the community of survivors, families and professionals who strive to uphold the mission of BIAOR. The BIAOR, the board, and, I think I can speak for survivors and families, wish to thank both Steve and Bill for their diligent and caring service.

I would like to take this opportunity to welcome Bob Malone as in-coming Treasurer, new board members Michael Kesten of Kesten Media, and Rev. Jean Ellen Herzegh, Staff Chaplain for Adult Trauma at Legacy Emanuel Hospital.

2005 promises to be one of the most active years in the history of the BIAOR. With the addition of full –time Director, Sherry Stock, the Overton office is manned with Sherry and a growing number of volunteers to work in the office, make advocacy visits and mentor newer survivor's and families. The BIAOR has begun partnering with ThinkFirst beginning with Oregon Health Sciences University's Brain Fair (OMSI, March 12-13). Later in the year BIAOR again partners with ThinkFirst in co-sponsoring bike rodeo's in the Portland area in May, and Newport in August. Each month members can find BIAOR in different communities throughout the state of Oregon sponsoring or co-sponsoring conferences on Brain Injury topics, presenting at conferences, and partnering with Independent Living Centers to create new brain injury support groups.

In a serious way I would like everyone to consider attending BIAOR's Portland Spring Fundraiser on February 27<sup>th</sup>. This dinner, auction and theatre treat, held at Portland Center Stage in downtown Portland (registration information is found on pg. 8 of this newsletter), has historically proven to be BIAOR's largest fund raiser. I would like to offer special thanks to Linda Hill, Judy Shaw and Margaret Horn whose years of selfless effort have raised funds to allow BIAOR and support groups to provide services to our constituents. I would like to express the board's profound gratitude for the efforts of these truly great citizens.

Lastly, I would like to thank everyone for the honor of this position and the opportunity to be of service. I assure you that the energetic board of the BIAOR and our vigorous office will do our utmost to fulfill the mission of BIAOR:

**TO IMPROVE THE QUALITY OF LIFE OF PERSONS WITH BRAIN INJURY AND THEIR FAMILIES; AND TO PREVENT BRAIN INJURY.**

And, I almost forgot; we are in the middle of a membership drive at this time. Sign up and send in your dues, be a part of the solution. Professionals, pay your dues and become a part of our referral database; with approximately 100 calls per week from families looking for services and agencies looking for referrals.

Respectfully Yours,

Wayne A. Eklund, RN

## ARE YOU A MEMBER?

The Brain Injury Association of Oregon relies on your membership dues and donations to operate our special projects and to assist families and survivors. Many of you who receive this newsletter are not yet members of BIAOR. If you have not yet joined, we urge you to do so. It is important that people with brain injuries, their families and the professionals in the field all work together to develop and keep updated on appropriate services. Professionals: become a member of our Resource Referral Service. 2005 dues notices will be mailed this month. Please remember that we cannot do this without your help.

Your membership is vitally important when we are talking to our legislators. For further information, please call 503-413-7707 or 1-800-544-5243 or email [biaor@biaoregon.org](mailto:biaor@biaoregon.org).

Anybody who watches three games of football in a row should be declared brain dead.

— **Erma Bombeck (1927 - 1996)**

Residential

Phone: 503-581-0393

Fax: 503-581-4320

Alternative

Jean Kindsvoegel  
Administrator

Housing, Inc.

1545 30th Avenue NE  
Salem, Oregon 97301

## 2005 BIAOR Calendar of Events

For updated information, please go to [www.biaoregon.org](http://www.biaoregon.org)  
Call the office with any questions or requests

February	Portland Spring Fundraiser (replaces December 2004) - February 27-Play: My Fair Lady Annual Membership Drive
March	OMSI - Think First - March 12-13, 12-5 pm Awareness Month – Governor’s Proclamation
April	Workshop (Eugene) for Brain Awareness Month - McKay Moore Solberg -
May	School District Bike Rodeo cosponsored with Think First
June	Workshop (Pendleton) - Job training seminar- Presentation by Carol Christofero-Snider BI Summer in the Park- Picnic with ILR
July	Portland Walk-for-Thought at Grant H.S. Park
August	Bike Rodeo (Newport) cosponsored with Think First
September	Workshop (Medford) – Employment
October	BIAOR Annual Conference
November	Three day Academic Brain Injury Conference
December	Portland Annual Christmas party and Fundraiser Statewide Support Group Holiday parties
January	Membership Annual Membership Drive

*If you have a brain injury, who do you call: Dr. Danielle Erb*

*Brain Rehabilitation Medicine, 1815 SW Marlow, Ste 110, 503-296-0918*

Many of you know Dr. Danielle Erb, a physiatrist in private practice with Brain Rehabilitation Medicine, LLC, who specializes in the treatment and management of adult patients suffering from brain injuries. “She’s my doctor and I just love her. I wouldn’t be here without her,” says one of patients.

Dr. Erb has served as the Medical Director of the Brain Injury Rehabilitation Center in the Portland, Oregon, office of Progressive Rehabilitation Associates since 2000. She is an active member of

the Board of Directors of the Brain Injury Association of Oregon.

Dr. Erb earned her M.D. degree in 1986 from the Oregon Health Sciences University in Portland. She served an internal medicine internship at Providence Medical Center in Portland in 1986-87. Dr. Erb spent July 1987 – June 1990 in Denver at the University of Colorado Health Sciences Center as a resident in physical medicine and rehabilitation and was the Chief Resident the last year she was there. Dr. Erb

returned to her home in Portland to work for a brief time at the Emanuel Rehabilitation Center as a physiatrist and Director of the inpatient brain injury unit while maintaining a brain injury outpatient practice. Dr. Erb worked for the 10 years prior to joining Brain Rehabilitation Medicine, LLC, as the Director of the Inpatient Brain Injury Program and the Medical Director of Community Re-entry Services at Rehabilitation Medicine Associates.

# Who wants to be a millionaire? The Linda Smith Story

Linda Smith was born and raised in Portland and graduated from David Douglas High School. She attended the Oregon College of Education, now called Western Oregon University.

In the mid-1980s, while working in corporate training and career development for Washington Mutual in Seattle, Linda developed a banking-facts game and received an award for excellence.

In June 1996, Linda was waiting for a green light behind the wheel of a friend's Monte Carlo. Across the field, she could see the Motel 6 they were staying in, just off Interstate 5 in Springfield. The next thing she knew, she was hurtling through the intersection. A Chevrolet Suburban came barreling down the exit without any brakes, hit Linda's car and catapulted it into a telephone pole. She hit her head on the steering wheel. She didn't know she had a concussion and serious brain injury until two months later.

"Not only was I a little goofy, but I was trying to buckle my shoe and I couldn't buckle it," she remembers. "I got dizzy, and I felt like something was shaking inside my head."

Linda's doctor diagnosed her with head trauma and mild dementia. She was told she'd never be able to learn anything new. "Well, I was having trouble remembering old information," she sighs.

She lost her job taking credit applications for Montgomery Ward, and her driver's license was revoked.

Until a few years ago, the buckles on her shoes were enough to baffle Linda. She burned her hand because she forgot that a stovetop gets hot. She nearly set her house on fire when she tossed a curling iron onto a pile of clothes without unplugging it.

Linda's daughter, Lisa, 28, and

Linda started by pasting notes on the walls to help Linda remember simple chores and identify common household objects. Her doctor suggested Linda write down everything, from schedules to her feelings. "I'd forget where I put my memory book," she says.

She said she fell back on trivia to survive.

She and her daughter worked with multiplication and trivia flashcards, but Linda found she wasn't remembering much by just looking at them. However, when she flipped through them as fast as she could, she retained more information.

"It's so hard when you have a brain injury to do things that everybody takes for granted," Linda says. "Sometimes I didn't even want to get out of bed. I didn't want to live."

Although she has to stop and think how old she or her daughter is, Linda theorizes she doesn't have trouble with trivia because it's not personal.

"It is just data -- cold, hard, nonemotional facts," Linda says. World capitals. Books and authors. History and geography. Music and movies. The colors of LifeSavers candy.

She knows it all and routinely watches TV game shows. She started playing "Millionaire" online and has been trying to get an audition for the past four years.

"I'm not a couch potato -- I'm not into it and nothing else," Linda said of her passion. "This quest for trivia came out of a head injury and a desire to better my life."

She says she's proud to have learned so much when doctors told

her she'd never progress.

In November, Linda auditioned at the ABC-TV studios in New York City and was one of 12 people chosen out of about 750 to be contestants this season. She answered written trivia questions and impressed producers during an interview.

Linda says answering trivia questions in front of millions of television viewers on the syndicated game show "Who Wants to Be a Millionaire" will be icing on the cake, whether she wins a pile of money or goes home empty-handed.

"I'm only really excited now because of all the frustration that came before," says Linda, who is waiting for a call to tell her when to return to New York for the show's taping.

Linda says her life won't be over if she doesn't win \$1 million on the Who Wants to be a Millionaire show.

"The true test is to stay calm and remind myself that I know what I know and nobody can take it away."

This story is from conversations with Linda and from *The Oregonian*, January 13, 2005, article by HOLLY DANKS

## KAMPFE MANAGEMENT SERVICES



We are a community based  
rehabilitation program

For

**Traumatically Brain Injured Adults.**  
Cognitive retraining in a residential setting.

**Long Term Services**  
**Community Services**  
**Transitional Services**

---

**503-788-3266**

e-mail: [pmg@integrityonline.com](mailto:pmg@integrityonline.com)

## Brain Power Tips

In her article entitled "Top Ten Smart Foods" appearing in the February 12, 2004 edition of *Psyched For Success*, Carlin Flora shared the following:

"New research from James Joseph shows that concord grape juice significantly improves short-term memory and motor skills. It's not just the heavy dose of antioxidants. Joseph believes that grape juice increases production of the neurotransmitter dopamine. Concord grape juice has the highest total antioxidant level of any fruit, vegetable or juice tested."

Angela Prisi suggested that potatoes may be a memory aid in her article entitled "Tater Recall" appearing in the Jan/Feb 2001 edition of *Psychology Today*, stating that:

"Eating common carbohydrates, like mashed potatoes, may improve memory for up to an hour after ingestion. In a University of Toronto (UT) study of 20 men and women aged 60 to 82, memory improved by about 37%: after eating barley, 32% after mashed potatoes and 8% after drinking a glucose beverage."

"Previous research suggests that

glucose boosts memory by producing acetylcholine—a chemical that enhances brain cell communication. But the UT study, published in the *American Journal of Clinical Nutrition*, found that while barley was least effective in raising blood glucose levels, it was most effective in enhancing memory. Lead author Randall J. Kaplan, a nutritional science Ph.D. candidate at UT, believes there may be other substances in foods that affect memory."

<http://cms.psychologytoday.com/articles>

To repeat what others have said, requires education; to challenge it, requires brains.

—Katherine Anne Porter (1894 - 1980)

## Volunteers in the BIAOR Office

There are over 60,000 Oregonians who live with disabilities from traumatic brain injury. Help by joining the Brain Injury Association of Oregon's volunteer network. We have regular, occasional

and one-time volunteer opportunities. Volunteers contribute to our organization by working in advocacy, education, communications and administration. Volunteers can represent us at resource fairs, register participants at events or educate legislators. We rely on volunteers for advocacy, large mailings, answering phones, reaching out to potential donors and more. Our volunteer program is growing, and we're interested in exploring ways volunteers can support our mission.



Jeri Cohen—BIAOR Volunteer

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.



DOBLE & ASSOCIATES  
ATTORNEYS AT LAW

GERALD C. DOBLE

1015 SW YAMHILL  
PORTLAND, OR  
(503) 226-2300  
(503) 226-3145 FAX

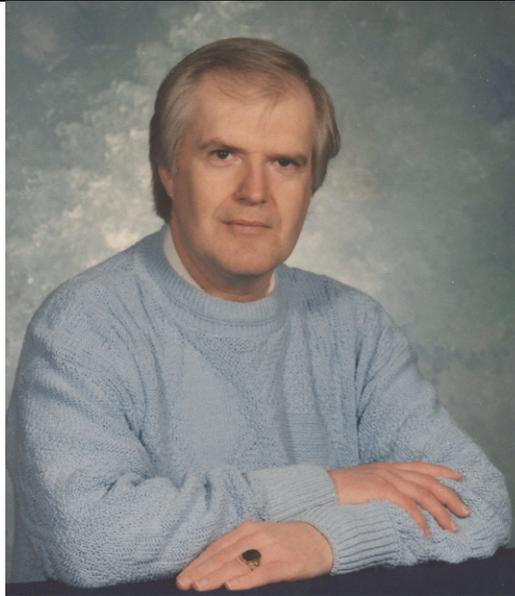
MAILING ADDRESS:  
PO. BOX 249  
PORTLAND, OR 97207

# Survivor Corner

## Keith Russet

Keith Russet was a music education major at the University of Northern Colorado in Greeley. In his junior year, Keith was driving home to Kelmer, Iowa, for the Christmas break when his car and another vehicle collided in an intersection during a blizzard in 1961. He was pronounced dead at the scene.

Keith was in the hospital in Jefferson, Iowa, for nine weeks, seven of which he spent in a coma. When he regained consciousness he suffered severe motor control loss. His parents were told that he probably would not walk or work again. Even though the loss of motor control in his right hand prevented Keith from taking notes, he returned to college in June of 1962 and completed his degree, graduating in August 1963. After graduation he tried teaching but was unsuccessful. Keith and a friend opened an Italian restaurant which they ran for 20 years. During this time they also opened a custom frame shop and art gallery in Calmar, Iowa.

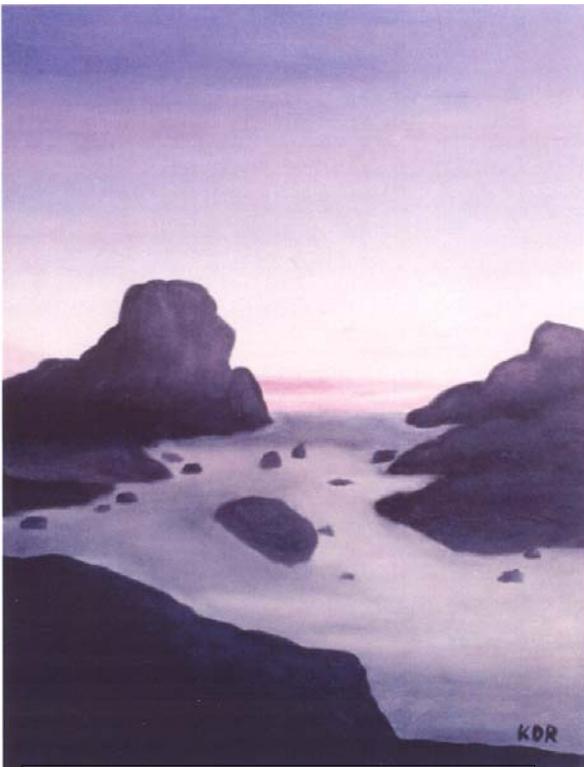


An accomplished pianist, Keith didn't play the piano again for 27 years after he was discharged from the hospital. He had put music on hold when doctors discouraged it because of his motor control loss and inability to memorize music as he had in the past. But eleven years ago he purchased a piano and started working with it. In 1994, Keith began taking music lessons at Luther College in Iowa. After relocating to Coos Bay in 1999, Keith began taking monthly lessons from Dr. Lea Mirabella. Dr. Mirabella holds three Ph.D.s from the Peabody Institute in Boston and is a published music textbook author. To this date Keith has given 47 recitals at home and in Iowa. In 1997 he traveled to Americus, Ga. for a recital at Magnolia Manor. In 1998 he gave a recital at Forest Place Retirement Center in Couer d' Alene, ID, and a recital in Coos Bay in 1998 which was sponsored by the Gloria Dei Lutheran Church as a benefit for the Brain Injury Association of Oregon with contributions matched by the

Lutheran Brotherhood. He also gave a recital at Community Hospital in Fresno California, in Florence in 2001 and in North Bend in 2004 in connection with fundraising events. Keith is available for further recitals to raise funds for BIAOR. "I feel I have just begun."

The gift of a paint set in 1965 provided Keith with a previously unexplored avenue with which to channel his creative abilities. His first paintings were hung on walls of The Pizza Gallery in Kelmer, a number of which were sold to appreciative patrons. Keith, a member of both the Bay Area Artists Association and the Coos Bay Art Museum, is a prolific artist and currently has 275 paintings available for sale (\$225 for 24"X30" paintings and \$125 for 18"X24" paintings) and has offered to donate a portion of the proceeds to BIAOR. He also donated one of his paintings to the Portland February Fundraiser.

Anyone interested in purchasing one of Keith's paintings or music should contact Keith at 541-888-5709.



**Twilight—Oregon Coast**



**Arizona Desert**



KDR

**Beach at Bandon**

**If you are receiving unwanted or multiple newsletters or have errors in your name or address, please contact Sherry at BIAOR—503-413-7707 or [biaor@biaoregon.org](mailto:biaor@biaoregon.org). Thank you.**

**White Sands - New Mexico**



KDR



## NeuroNet LLC

Kristi Schaefer RN BS CBIS-C.E.  
*President and CEO*

Neurological Rehabilitation Coordination  
Treatment Planning Placement Options

P.O. Box 75 Beavercreek, OR 97004-0075  
Office: (503) 632-4322 Fax: (503) 632-5024  
Toll Free: 1-866-632-4322 [kristi@NeuroNetLLC.net](mailto:kristi@NeuroNetLLC.net)  
[www.NeuroNetLLC.net](http://www.NeuroNetLLC.net)

**Sea Stacks—Oregon Coast**



KDR



## Oregon Advocacy Center

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

Working for the rights of individuals with disabilities

Oregon Advocacy Center  
620 S.W. Fifth Avenue, 5th Floor  
Portland, Oregon 97204-1428  
503-243-2081 (Phone) 503-323-9161 (TTY)  
1-800-452-1694 (Phone) 1-800-556-5351 (TTY)  
[/www.oradvocacy.org/](http://www.oradvocacy.org/)

**I believe in an open mind, but not so open that your brains fall out. Bernard M. Baruch (1870 - 1965)**

# Join us for the Fifth Annual Fundraiser

Portland Center Stage Sunday February 27, 2005



Entertainment: 11:30 am

Classical Pianist - Marna Mc Comb

Portland Holiday Ornament signing by Betty Woods-Gimarelli (2004 Ornament—Portland Chinese Garden)

Brunch and Silent Auction: 12 noon

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

Portland Center Stage - 2:00 pm

**My Fair Lady**

**Please Purchase tickets by February 18.**

Tickets for Brunch,  
Music, Silent Auction  
and Play: \$100

Sponsor Table: \$1000

For further information please contact:  
Sherry Stock at [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

Brain Injury Association of Oregon  
2145 NW Overton St.  
Portland OR 97210  
503-413-7707  
800-544-5243

## 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, for 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.

Please mail to:

**BIAOR**  
**2145 NW Overton**  
**Portland, OR 97205**  
503-413-7707

800-544-5243 Fax: 503-413-6849

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Type of Payment

- Check payable to BIAOR for \$ \_\_\_\_\_
- Charge my VISA/MC/Discover Card \$ \_\_\_\_\_
- Card number: \_\_\_\_\_
- Security # from back of card \_\_\_ Exp. date: \_\_\_
- Print Name on Card: \_\_\_\_\_
- Signature Approval: \_\_\_\_\_

# RECRUITMENT MESSAGE

**Research Study:** Family members of adults with brain injury needed

Help evaluate a program to teach advocacy skills for family members of adults with traumatic brain injury and reduce stress in their own lives.

If you are the parent, spouse, or sibling of an individual with traumatic brain injury, you can help evaluate a new Internet-based designed to help family members learn to communicate and cooperate with service providers to gain the best services for their family member. You'll receive \$40 for participating in the research study. Your participation will take about 60 to 90 minutes. You will need a PC (not Mac) with sound and video capability and Internet access. For more information and to sign up, call the TBI Advocacy Project toll-free at 1-866-730-3211 (or 342-7227 in Eugene) or email [sschroeder@orcasinc.com](mailto:sschroeder@orcasinc.com)

This program was developed by the Oregon Center for Applied Science, Inc. with funding from the National Institute of Child Health and Human Development.

(Continued from page 1)

based services.

- Monitor bills related to Veterans services and support initiatives to provide support to veterans and their families. [Note: a high percentage of wounded in Iraq have had brain injuries and public support for veteran's can help raise awareness and support for brain injury generally.]

To achieve these goals, we need your involvement. Here are a few simple steps you can take to help:

- Join the BIAOR Advocacy Network. This is an email list to which periodic advocacy information and action alerts are posted. For more information call the BIAOR office.
- Know your elected representatives. Call your local library or, if you have internet access, go to <http://www.leg.state.or.us/findlegsltr/> and type in your address to generate a list. They are interested in hearing from you.
- If you have internet access, become familiar with the Oregon Legislature web site <http://www.leg.state.or.us/index.html> which has a variety of helpful advocacy tools. Particularly helpful is "a citizen's guide to Oregon's legislative process" at <http://www.leg.state.or.us/citizenguide/>. If you don't have access to the internet, the BIAOR office will provide you with information you need.

---

## RALPH E. WISER III

*Attorney at Law*  
**Brain Injury  
Wrongful Death  
Workplace Injuries  
Other Injuries**

Kruse Woods One  
5285 SW Meadows Rd., Suite 333  
Lake Oswego, Oregon 97305

**FREE CONSULTATION**  
(503) 620-5577  
Fax: (503) 598-4646

---

## 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  
SISTERS, OREGON 97759-1408  
(541) 549-1617

## NORTHWEST OCCUPATIONAL MEDICINE CENTER, LLP

[www.nwomc.com](http://www.nwomc.com)

Excellence since 1972

### Michael Leland, Psy.D., CRC

Director  
[mleland@nwomc.com](mailto:mleland@nwomc.com)

12250 SW Garden Place  
Portland, Oregon 97223

(503) 684-7246  
fax (503) 624-0724

## The Uhlhorn Program—Ann Angvick

In 1999 Ann Angvick, program manager of the Uhlhorn Program, went to Gresham to meet “Jeff.” Jeff was living in a nursing home, sharing a room with three elderly people. Jeff had been hit by a car while walking home from work one night and suffered a brain injury. Part of Jeff’s deficits included vision impairment—he could not find his way to the nursing home dining room or the nurses’ station and kept walking into walls. Jeff moved to Uhlhorn where he lives in his own apartment, prepares his own meals, shops independently, and takes the train to visit his parents in Tacoma for the holidays. Jeff has saved up his monthly Social Security to buy an electric drum set, an electric keyboard and a guitar. He doesn’t have an amp yet, for his neighbors’ sake.

This is just one of many examples of people who have increased their independence and improved their quality of life through ShelterCare’s Uhlhorn Program. The Uhlhorn Program primarily serves very low- and low-income Oregon residents who have survived an acquired brain injury from any number of causes (strokes, car accidents, drug overdoses, etc.) and are regaining the skills necessary for independent living in the community.

Beginning with the onset of trauma, it takes a well-coordinated care network to support independence and success for brain injury survivors. Services for some survivors may last a lifetime. The Uhlhorn Program is the final link in a survivor’s rehabilitation. As an alternative to nursing homes, foster care, and hospitals, Uhlhorn is a national model in community-based supported residential treatment. In 2000 Uhlhorn received

an Enterprise Foundation Award for excellence in providing affordable housing and support services to a disabled population. The Uhlhorn Program was given the 1995 Oregon Disabilities Commission Service Award for significantly contributing to empowering people with disabilities.

### Uhlhorn’s Mission

The Uhlhorn Program encourages brain injury survivors to reach their highest level of independence and success by providing residential and support services—we teach survivors how to get around and get along. Clients live in subsidized apartments that are designed with the special needs of brain injury survivors in mind—timers on stoves, for example, to increase safety for survivors with short-term memory problems. Skill-building classes and support groups cover a multitude of topics, including money proficiency, medication management, and memory skills. Residents have an opportunity to relearn and practice the everyday activities of daily living—cooking, shopping, using a bus, or having a conversation.

Ann and Mike



### Who We Serve

We work with clients who are by HUD standards very low- and low-income and are Medicaid eligible. They must have (or be eligible for) a service case with the State of Oregon DHS Seniors & People with Disabilities. Once we receive a completed application, we ask the applicant to come to Uhlhorn for an interview. This gives them an opportunity to see the program and apartments, while giving us an opportunity to evaluate if we can adequately address their individual needs. To more fully serve our clients, we regularly work with doctors, therapists, schools, vocational rehabilitation programs, and the housing agencies.

### Our Agency

ShelterCare is a private nonprofit agency that has served Oregon for 34 years. We help people regain success and achieve the greatest independence possible. ShelterCare programs provide a caring environment where people find hope while rebuilding their lives. Each service we provide is individualized because each person we serve is unique.

Contact: Ann Angvick, Program Manager

Uhlhorn Program  
689 W. 13th Avenue  
Eugene, OR 97402  
(541) 345-4244

[uhlhorn@sheltercare.org](mailto:uhlhorn@sheltercare.org)



River K Garden Club

# Oregon Brain Injury Support Groups

## Bend

### **CENTRAL OREGON SUPPORT GROUP**

2nd Saturday 10:30am to 12:00 noon  
St. Charles Medical Center  
Rehab Conference Room, Lower Level  
Amy King, 541-382-5882  
amyk@cohospise.org

## 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 (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@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) 998-3951  
BCCBrown@aol.com

## Hillsboro (2)

### **HELP (Help Each Other Live Positively)**

4th Saturday - 1:00-3:00 pm  
TBI Survivor self-help group (Odd months)  
TBI Family & Spousal (Even Months)  
Cognitive Enhancement Center  
982 Naomi Court, Hillsboro, OR 97124  
Brad Loftis, (503) 547-8788  
bcmuse2002@yahoo.com

## 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) 493-1221  
drstarbird@aol.com

### **BRAINSTORMERS II**

3rd Saturday 10:00am-12:00noon  
Survivor self-help group  
Emanuel Hospital, M.O.B.-West  
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 SUP- PORT GROUP**

3rd Saturday 1:00 pm-2:00 pm  
Survivor self-help group  
Emanuel Hospital, M.O.B.-West  
2801 N Gantenbein  
Northeast Portland  
Jean Ellen Herzegh (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) 735-4857  
slwsundance@qwest.net

### **CROSSROADS (Brain Injury Discussion Group)**

2nd and 4th Friday, 1-3 pm  
Independent Living Resources  
Darian Hartman  
2410 SE 11th, Portland, OR 97214  
503-232-7411 ilr\_darian@hotmail.com

## Pendleton

Inactive at this time.

For more information contact:  
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

### **BRAIN INJURY SUPPORT GROUP OF LEBANON**

1st Thursday 6:30 pm  
Lebanon Community Hospital  
625 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

## Newport

### **BRAIN INJURY SUPPORT GROUP OF NEWPORT**

2nd Saturday 2-4 pm  
657 SW Coast Hwy, Newport, OR 97365  
(541) 574-0384  
www.progressive-options.org

## Roseburg

### **UMPQUA VALLEY DISABILITIES NETWORK**

2nd Monday 12 noon - 1pm  
419 NE Winchester, Roseburg, OR 97470  
(Call for More Information)  
Ian Evans, (541) 672-6336  
ianeans@udvn.org

## Salem (2)

### **SALEM BRAIN INJURY SUPPORT GROUP**

4th Thursday 6:30pm-8:30pm  
Salem Rehabilitation Center  
2561 Center Street  
Steve Paysinger, (503) 561-1974  
smpays@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



The Brain Injury Association of Oregon  
 2145 NW Overton  
 Portland, OR 97210-2924

NON-PROFIT ORG  
 U. S. Postage  
 PAID  
 PORTLAND, OR  
 PERMIT NO. 537

5th Annual Fundraiser  
 My Fair Lady see page 8

Thank you to all our contributors and advertisers.

## SWANSON, THOMAS & COON Attorneys

Since 1981, we have handled some of Oregon's largest workers' compensation and personal injury cases.

We represent people with Mesothelioma, Brain Injuries, Herniated Discs and Orthopedic Injuries including Quadriplegia and Paraplegia.

**(503) 228-5222**

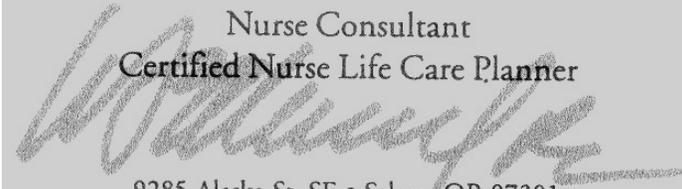
**Free initial consultation**

For more information, visit our web page:  
<http://www.stc-law.com/>

Worker's Compensation • Longshore • Personal Injury • Social Security • ERISA/Long term Disability

Wayne A. Eklund, RN, CNLCP

Nurse Consultant  
 Certified Nurse Life Care Planner



9285 Alaska St. SE • Salem, OR 97301  
 Tele: 503 363-7096 • Fax: 815 327-5327  
 888-300-5206 • Cell: 503 884-4992  
 e-mail: wayne@wayneeklund.com

## 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)

### BIAOR Open

[biaoropen-subscribe@yahoogroups.com](mailto:biaoropen-subscribe@yahoogroups.com)

### BIAOR Advocacy Network

[BIAORAdvocacy-subscribe@yahoogroups.com](mailto:BIAORAdvocacy-subscribe@yahoogroups.com)