



## Symptoms of Brain Injury

### Frontal Lobe

- Paralysis
- Inability to plan a sequence of movements to complete a task
- Persistence of a single thought
- Inability to focus on a task
- Behavior and personality changes
- Difficulty with problem solving
- Inability to express language
- Mood swings

### Temporal Lobe

- Difficulty understanding spoken words
- Difficulty recognizing faces
- Difficulty with identification of and verbalization of objects
- Short-term and long-term memory loss
- Persistent talking
- Aggression

### Brain Stem

- Difficulty swallowing
- Sleep apnea
- Problems with balance and movement
- Dizziness and nausea

### Parietal Lobe

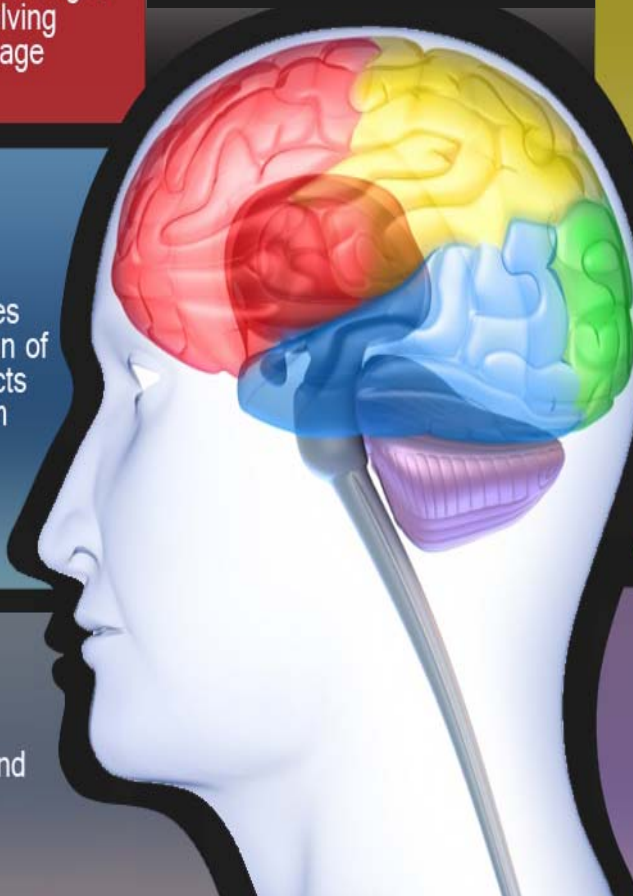
- Difficulty with hand-eye coordination
- Inability to name an object
- Problems with reading and writing
- Difficulty distinguishing left from right
- Difficulty doing mathematics

### Occipital Lobe

- Defects in vision
- Difficulty identifying colors
- Hallucinations
- Inability to recognize words and objects
- Difficulty reading and writing

### Cerebellum

- Loss of ability to coordinate fine movements
- Loss of ability to walk
- Inability to grab objects
- Tremors, dizziness, and slurred speech
- Inability to make rapid movements



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### Headliner DEADLINES

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

Editor: Sherry Stock, John Botterman, Dave Kracke, Jeri Cohen

### Advertising in Headliner

Rate Schedule (Color Rate)	Issue	Annual/4 Issues
A: Business Card	\$100(125)	\$ 350(450)
B: 1/4 Page	\$ 200(250)	\$ 700(900)
C: 1/2 Page	\$ 300(375)	\$ 1000(1300)
D: Full Page	\$ 600(700)	\$ 2000(2400)
E: Sponsor Headliner	\$ 2500	\$ 10,000

### Advertising on BIAOR Website:

\$10,000 for Banner on every page  
\$5000/year for Home Page  
\$250 for active link Pro-Members page

### Policy

The material in this newsletter is provided for education and information purposes only. The Brain Injury Alliance 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*.

# The President's Corner

Craig Nichols, JD



On behalf of the Brain Injury Alliance of Oregon, I want to publicly recognize the very generous recent contribution to the Alliance made by Sharon McKinney of Redmond, Oregon, deceased, which she made through her estate planning, and remind all of our members and affiliates of the opportunity to support the Brain Injury Alliance in Oregon through charitable giving and estate planning. Again, thank you to the Estate of Sharon McKinney and her family for their generosity. Sharon McKinney was a very wonderful person and Sherry talked with her frequently.

As we are approaching year-end 2015, there are several BIAOR activities that you should put on your calendar to attend, which includes:

In December there are two wonderful fundraising events planned. The first is our annual holiday pizza party at John's Incredible Pizza Company, located at 9186 SW Hall Blvd., Portland, 97223 on December 11, 2015, from 6 p.m. until 8 p.m. Tickets are \$15 per person and additional contributions to BIAOR are always appreciated.

On December 19, 2015, we will have the annual BIAOR fundraiser where we will enjoy dinner and a play followed by hors d'oeuvres, music, silent and oral auctions at the Lake Oswego Arts Center. The play this year is The Best Christmas Pageant Ever, which has experienced great reviews. This event is scheduled for 2 -6 p.m. and tickets are \$50. This is a wonderful annual event you will not want to miss.

Although it is a bit early, I want to remind all of our members and affiliates of a tremendous fundraising opportunity - the Sneak Peak Charity Preview Party at the Portland International Auto Show on Wednesday, January 27, 2016. Please plan to attend the event next year and tell all your friends this is an event they will not want to miss! This incredible event includes a private viewing of the auto show, open bar, gourmet food, and new this year, Lexus will be giving away, that's right, giving away a new \$40,000 Lexus to one of the ticket holders at the charity party. Tickets are \$100.00 per person and are 100% tax deductible. It is important that you and all of your friends when purchasing tickets to designate the Brain Injury Alliance of Oregon ("BIAOR") as your designated charity. BIAOR will receive a donation from the auto dealers based on the number of tickets sold that designate BIAOR as the charity of choice. This was a tremendous fundraiser for the six participating charities last year as the auto dealers donated \$500,000 to be shared by the charities. We anticipate another great event this year. You will receive more information on this event in the near future.

Craig Nichols  
BIAOR Board President

*Craig Nichols is the senior partner at Nichols & Associates in Portland. Nichols & Associates has been representing brain injured individuals for over thirty years. Mr. Nichols is available for consultation at (503) 224-3018.*

## Fred Meyer Community Rewards - Donate to BIAOR

**Fred Meyer's program. Here's how it works:**

**Link your Rewards Card to the Brain Injury Association of Oregon at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). Whenever you use your Rewards card when shopping at Freddy's, you'll be helping BIAOR to earn a donation from Fred Meyer.**



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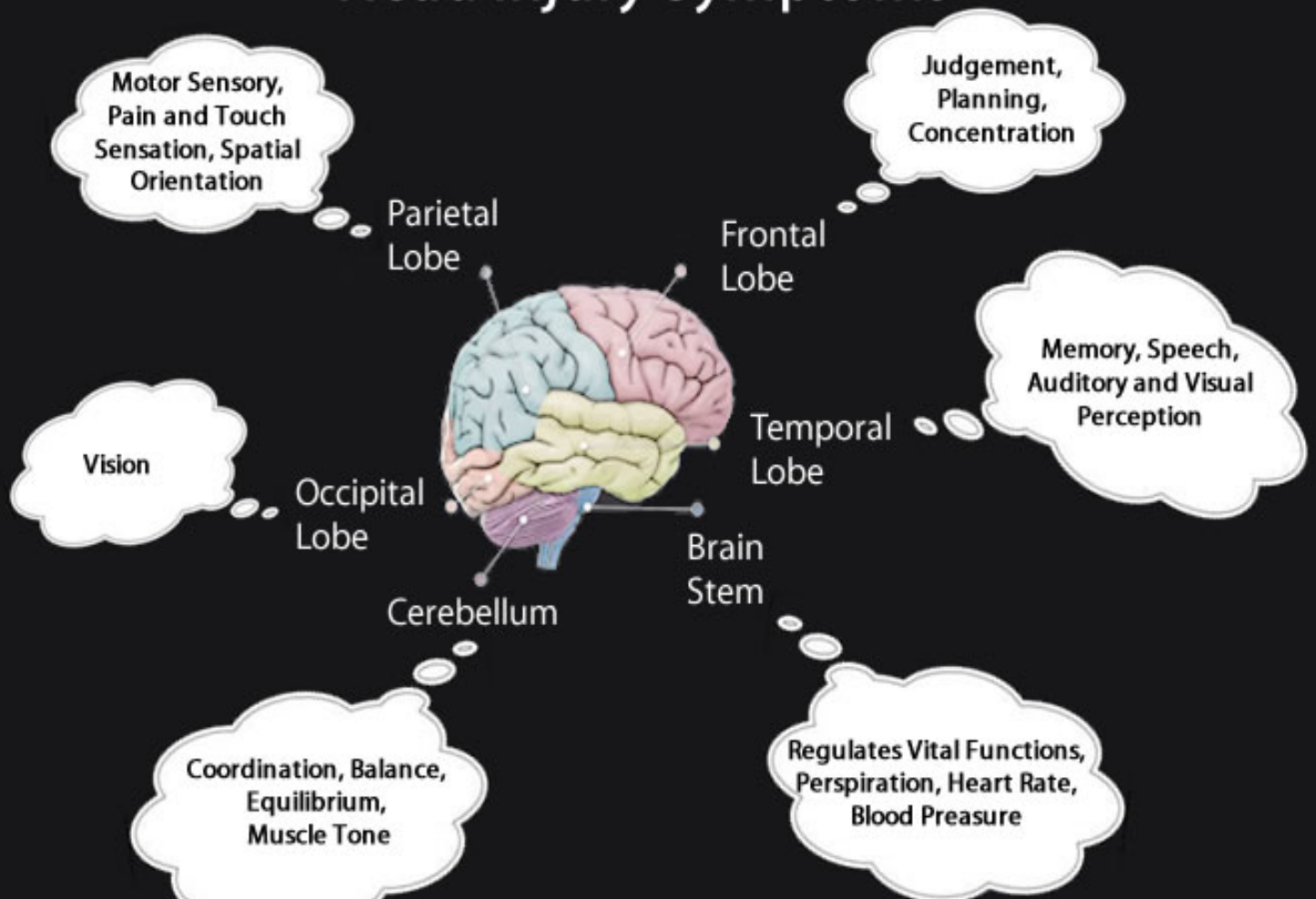
† Corporate ‡ Gold £ Non-Profit € Silver ± Bronze  
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## 2015-16 BIAOR Calendar of Events

For updated information, please go to [www.biaoregon.org](http://www.biaoregon.org)  
Call the office with any questions or requests 800-544-5243 or 503-961-5675

<b>December 11</b>	<b>Holiday Pizza Party— John's Incredible Pizza (Page 9-10)</b>
<b>December 19</b>	<b>Holiday Play &amp; Fundraiser—Lakewood Theatre (Page 8)</b>
<b>January 27</b>	<b>The Sneak Peek Charity Preview Party is the official kick-off of the Portland International Auto Show (Page 16)</b>
<b>March 11-13</b>	<b>14th Pacific Northwest Brain Injury Conference - Living with Brain Injury, Stroke &amp; Neurological Changes (Page 17-18)</b>

# Head Injury Symptoms



## Summer/Fall Sudoku

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3 x 3 box must contain the digits 1 through 9 exactly once. (Answer on page 22)

		3	7			8	6	
7						1		5
	8			3				2
	7				9	4		
			4		5			
		6	2				1	
5				2			9	
6		8						3
	9	2			4	7		

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# **The Lawyer's Desk: A Look at TBI Legal Representation**

By David Kracke, Attorney at Law  
Nichols & Associates, Portland, Oregon



The question I am exploring in this column concerns communication between two people; one of whom has a disability and is applying for a job and one of whom does not and is the prospective employer. The context of the conversation between these two individuals is the conversation that occurs during a job interview. And the question is: Should a prospective employer be allowed to ask questions about the job applicant's disability?

One thing I have learned in my twenty five years as an attorney is that good ideas can come from anywhere, and when they do I need to recognize the good idea and act upon it. Another thing I have learned is that there are incredible people everywhere in this world, and when I am lucky enough to get to know those incredible people I need to be open to their influence. When a good idea comes from one of the incredible people I really need to pay attention.

Todd Kimball is one of those incredible people. Todd does not have a brain injury, but he is disabled, although you would never know it from talking to him. Todd has been confined to a wheelchair for his entire life, and while he is disabled by any definition of the word, his disability has never slowed him down. In fact, Todd has developed numerous businesses and has founded numerous worthy organizations during his life. His most recent accomplishment is a non-profit organization called United By Media whose mission is to empower disabled people by allowing them to interview famous and not-so-famous people. The interviews are then posted on United By Media's website.

In the context of this column, however, Todd and I are exploring another aspect of the disabled community's efforts to gain meaningful employment, and that is where the relevance to BIAOR's mission becomes clear. Todd is a firm believer that open, honest and direct communication breaks down barriers that exist when communication is not open, honest and direct.

The Americans with Disabilities Act (ADA) prohibits a prospective employer from asking a job applicant about that applicant's disability. In other words, when Todd rolls into an

interview in his wheelchair the interviewer cannot ask Todd anything about why he is in the wheelchair. I understand the policy reasons behind this provision of the ADA: The disability should be ignored, it shouldn't be a factor in the hiring decision and it is a privacy issue that shouldn't be intruded upon by a nosey prospective employer. But according to Todd, these policies actually hurt the disabled applicant much more than they help.

Again, it's back to the comment I made earlier in this column: Communication breaks down barriers.

Todd uses an example from his own life to illustrate this point. He was applying for a job when after a mere five minutes Todd could tell that the prospective employer was not interested in hiring someone in a wheelchair. The employer never said as much (because doing so would expose that employer to one giant lawsuit), but Todd could tell. The interview was going nowhere fast. Soon, Todd knew, he would be thanked, instructed to leave and would never hear from that prospective employer again.

So Todd did what he always does: he took the bull by the horns and opened the door that the employer couldn't.

"I know you have questions about why I'm in a wheelchair, and I know you can't ask me about it, so I'm going to conduct this part of the interview myself," he said, startling the interviewer. After that bold statement, Todd launched into a mock conversation with himself.

"Tell me, Todd, why are you in a wheelchair," Todd began much to the confusion of the interviewer.

"Well, I was born premature and I've been in a wheelchair for my entire life," he continued.

"And does this affect your ability to be a hardworking, valued employee able to take on and complete any task that might be presented to you?" Todd continued.

"Absolutely not," Todd answered himself, "in fact, I tend to work harder and more efficiently than most because I know that I have to." The "conversation" continued like this for another few minutes before the interviewer

jumped in and began asking some follow-up questions of his own and, long story short, after an ensuing thirty minute conversation between Todd and the interviewer, Todd was hired.

So Todd has begun asking the question: During the interview process, does it help or hurt disabled individuals when a prospective employer is unable to ask about the person's disability? Todd thinks the answer is clear: not being able to communicate about a person's disability during a job interview hurts the applicant much more than it helps. Todd and I are now figuring out how to get around the ADA provisions which prevent this type of open and honest communication between a disabled applicant and a prospective employer.

We have discussed allowing the applicant to waive the ADA prohibition and have begun drafting possible waiver language that would allow the communication while also satisfying the employer's concern that they won't get sued when they start discussing the applicant's disability. We have discussed amending the ADA to allow for this candid dialog fully aware that any such amendment is highly unlikely at this time.

But the point is that Todd has yet again applied his substantial intellect to solving a problem that few people within or outside the disabled community even recognize as a problem. I wonder what the tbi survivor community thinks of this as well. Would the ability to openly and directly discuss a job applicant's disability help or hurt that applicant? I am with Todd on this one. Communication helps. It breaks down barriers and it can humanize someone who faces subtle prejudices. We are all people whether we are disabled or not, and we owe it to everyone to let them tell their stories if they are so inclined, because when we understand each other, when we openly and honestly communicate with each other, that is when we tend to see the similarities between us rather than the differences.

*David Kracke is an attorney with the law firm of Nichols & Associates in Portland. Nichols & Associates has been representing brain injured individuals for over twenty two years. Mr. Kracke is available for consultation at (503) 224-3018.*



# Elizabeth Hovde: Miss Oregon's worthy cause

By Elizabeth Hovde

October 3, 2015 The Oregonian Newspaper



I can't give Miss Oregon Ali Wallace \$50,000 in scholarship money, which is what Miss America Betty Cantrell of Georgia won on Sept. 13. But I can give her platform a boost. It's close to my heart -- actually closer to my mind -- and Wallace wore it well.

As she made the pageant circuit, I got a handful of random communications about her. That's because her platform was "Traumatic Brain Injury Education and Awareness." She had a traumatic brain injury (TBI) in 2009 when she fell while cheerleading. She immediately knew something was wrong, as she couldn't see out one eye and had decreased vision in the other. She went home to rest. She felt woozy. Eventually, medical professionals determined she had a TBI.

My traumatic brain injury happened in 2011 while skiing. I immediately knew something was wrong, or should I say friends did, as I was unconscious and in a coma. I started remembering a few hours at a time and knowing who I was about six weeks later in Portland's Good Samaritan hospital. Reading small bits about Wallace's recovery process made me thankful I had two years on her. Medical understanding of brain injury recovery

keeps improving. I'm forever grateful to the soldiers and football players whose misfortunes with brain injury made it a comparatively good time for me to have one.

Wallace wants to send the message that brain injuries are serious and recovery hard to understand. "No two brains heal alike," Wallace told The Huffington Post's Amy Zellmer. "And it's not like a bone where the standard recovery time is 4-6 weeks. The minimum recovery time for a very mild concussion is three months. Unfortunately, there is no formula to know when you'll recover or heal." I'd add, or if. And experts and survivors know recovery doesn't always mean you go back to your former self.

Wallace shared that when she took a month off school, she experienced jealousy from those who thought she was trying to get out of going. "You can't see a concussion; it's not like a broken arm where you can see it's broken." Yep. That's the biggest thing I hear from my brain-injured peers; You look fine, so people expect you to be fine and the old you. Sometimes they think you're faking it if you're not. Meanwhile, the new normal is about a lot of workarounds for most of us.

Wallace continues to struggle with the after-effects of her injury six years later. Zellmer wrote, "She has frequent headaches, and she lacks depth perception in her left eye, which causes her to sometimes run into doorways or other objects that are on her left side. She has a lot of balance issues, which has put a damper on her dancing. She struggles with aphasia (being able to recall words), and has mastered the art of redirecting her sentence, using a different word. She also gets lost while driving, often having to pull over and try to figure out where she was headed by looking at her

calendar."

Ohhh, Ali. I hear you.

Brain injury recovery is a no-joke long road. And it will help TBI survivors thrive if loved ones and society understand more.

After four years, balance is still the enemy and my right arm sometimes doesn't talk to the brain. Eye tracking often is off. I broke a wrist or hand early on -- I can't remember which -- and tweaked some ligaments. The nerve-ending issue stemming from my crash still leads to new injuries, such as a shoulder that dislocates from something as simple as a jumping jack. That has me in physical therapy again right now.

Around 9 p.m. my speech starts to slow making it questionable to drink a glass of wine with anyone. My short-term memory is accommodated with a smartphone, and thank God I can afford one. The ability to calendar everything, take notes everywhere and consult a small, carry-along gadget anywhere you go is a fantastic crutch.

My son has to tell me where we're going in the car sometimes, as I forget between my house and my driveway. I lock the doors about four times before I remember I did. I could use a nap after being in the cereal aisle.

Your brain does so much for you. After a traumatic injury, there are new weaknesses to navigate that make some daily life moments confusing, foggy, and filled with anxiety or embarrassment. Wallace's biggest fear in the Miss America competition was being perceived as unintelligent. "It's embarrassing to be stuck in the middle of a sentence and not be able to think of the right word."

I've had excellent levels of recovery, I'm told. That makes me ache for those who've had less. I want them understood and trusted. I love that Wallace used her run at Miss America to draw attention to the realities of traumatic brain injuries. She embodies one of the biggest problems with the injury; looking perfect while dealing with imperfections.

Source: <http://www.oregonlive.com/hovde/index.ssf/2015/10/>



# The Best Christmas Pageant Ever

## BIAOR Annual Holiday Fundraiser Lakewood Theatre, Lake Oswego December 19, 2015, 2 pm—6 pm

Join us at the Lakewood Theatre at Lakewood Center for the Arts, 368 S. State Street, Lake Oswego, for the Christmas play *The Best Christmas Pageant Ever*, starting at 2 pm, followed by hors d'oeuvres, music, silent and oral auctions. Tickets are \$50 per person.



### The Best Christmas Pageant Ever

By Barbara Robinson

The Herdmans were absolutely the worst kids in the history of the world. They lied and stole and smoked cigars (even the girls) and talked rough and hit little kids and talked back to their teachers. So it surprised just about everybody when they decided to take part in the town's Christmas Pageant.

The Herdman kids had never heard of the Christmas story, but the way they interpreted it, you'd think the story of Jesus came right out of the F.B.I. files. (They called the Wise Men a bunch of dirty spies). It was a Christmas pageant to remember. An American classic ... one of the best Christmas stories ever told.

## BIAOR Annual Holiday Fundraiser

Join us for our Annual Holiday Fundraiser - the play *The Best Christmas Pageant Ever*

Where: Lakewood Center for the Arts  
368 S State Street, Lake Oswego

When: December 19, 2015, 2 pm—6 pm

**\$50 per person**

Play starting at 2 pm followed by hors d'oeuvres, music, silent and oral auctions

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**PO Box 549**

**Molalla OR 97038**

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Register online: [www.biaoregon.org/fundraiser.htm](http://www.biaoregon.org/fundraiser.htm)

Or Send Registration into BIAOR

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Please join the BIAOR 3rd Annual Holiday Pizza Party featuring raffles, Holiday Sticks, silent auctions, and 20 free game tokens per person. Unlimited, all you can eat Buffet features pizza, pasta, soup, salad, desserts and refreshments included.

**Where:** John's Incredible Pizza

9180 SW Hall Blvd, Beaverton

**When:** December 11, 2015

**Time:** 6 - 8 pm

**Price:** \$15 per person

Register online at

[www.biaoregon.org/fundraiser.htm](http://www.biaoregon.org/fundraiser.htm)



OR

Fax the form on page 10 to 503-961-8730

OR

Mail to: BIAOR, PO Box 549, Molalla OR 97038

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# Here's my reservation!



Happy Holidays



## Brain Injury Alliance of Oregon

Friday, December 11, 2015

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

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

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

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Sponsorship includes 10 tickets at the same table, name or company name listed in program, name or company name listed on BIAOR website with link, name or company name listed in newsletter, and signage on table the day of the event. (\$50 tax deductible - Tax ID #93-0900797)

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Signature \_\_\_\_\_

Zip Code—if different than above \_\_\_\_\_

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For further information please contact:

Sherry Stock  
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John's Incredible Pizza 9180 SW Hall Blvd, Beaverton, 6 pm – 8 pm

# Recovery from Brain Injury: What Everyone Should Know

## Brain Injury Treatment

Recovery from a traumatic brain injury is a long, difficult process. It is emotionally draining for both the patient and the patient's family. Weeks and months may elapse before the patient is anywhere near their former self; progress to the best possible recovery may take years.

If you or a loved one suffer from a traumatic brain injury, it is important that you have some understanding of all the factors involved. Be prepared; while many brain-injured patients return to nearly the abilities they had before the injury, others do not.

### What to Expect in the Initial Days after the Injury

Initially, survival may be the key issue. Doctors will try to reduce brain swelling, stop any brain bleeding, and keep the individual's heart rate, breathing, and blood pressure stable.

As the individual regains consciousness they may be agitated and confused. Chances are they will not remember this part of their recovery.

If you are dealing with a brain-injured loved one, you need to steel yourself to deal calmly and patiently with the patient so that he or she will not become more agitated.

Speak slowly, in short sentences. Realize that the patient may not understand what you are saying; this is normal in the first stages of recovery and does not mean that this is a permanent condition. This condition is sometimes hard for family members to grasp, since the brain-injured patient may seem to be speaking normally.

Sometimes touching the patient can make them agitated; in other cases, a comforting touch may be exactly what is needed. Your loved one's reactions will be your best guide.

Talking with the patient's doctor can help you understand what is going on at this stage. It is also

important to talk with the nurses and physical therapists; these professionals may be better able to explain the patient's condition than the doctor can, since doctors are frequently in a rush and may not have time to deal with all of your questions. In addition, nurses and therapists are more involved in the patient's day to day care routine and so may have excellent insights.

### Changes to Expect

Changes in memory and thinking skills are to be expected. Many brain-injured patients can remember events that happened years ago, but have difficulty with remembering things that happened five minutes ago; this is called short-term memory loss. A speech therapist or language pathologist will work with you to help you deal with memory problems.

Patients with traumatic brain injury may experience personality changes; they may lash out easily in anger or they may become withdrawn. Depression is common. Psychological counseling and medication can help.

Frequently, a person with TBI may become easily angered at the slightest provocation. Family members may feel the brunt of this anger. Quick trigger anger is difficult for everyone involved, but a time-out strategy may help diffuse your anger. Experts recommend getting away from an anger-triggering situation for at least fifteen minutes; this will give you time to turn their attention to something else.

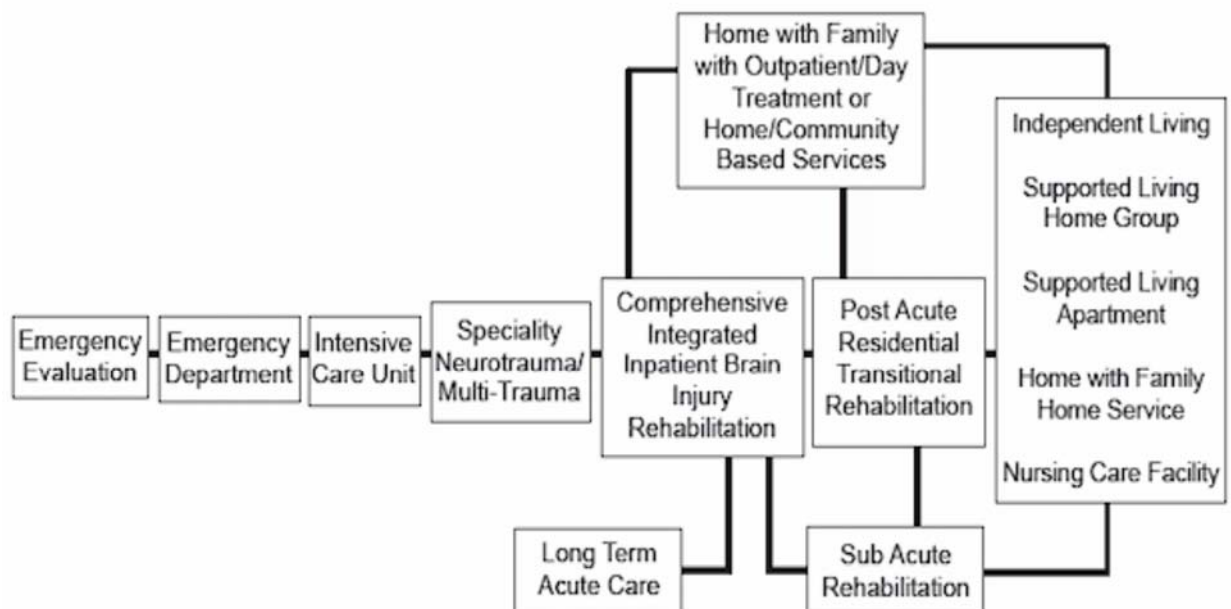
The anger associated with a TBI can come from both physical changes and psychological adjustment. The center of the brain which allows us to keep our emotions in check and respond in a socially appropriate manner, is frequently injured by a TBI; not only do brain-injured people tend to become easily angered, they also tend to exhibit other emotions more freely. For example, a person with a TBI may cry over a cross-word directed at them or at an unintended slight.

Communication may also be difficult for a person with TBI. It is common for a person to know what they want to say, but forget some of the words necessary to convey this information. It is also common for person with TBI to confuse similar sounding words and not even to realize that they are doing so. Being unable to recall words is termed anomia and everyone experiences it occasionally, but for the person with TBI anomia can be a constant burden. If anomia is one of the consequences of your TBI, a speech therapist can help you by teaching you strategies around the difficulty.

Occasionally a person with a TBI will experience vision problems related to brain changes, but will not realize it. For example, it is possible for a person to be processing visual information coming from only one eye and to not realize that they cannot see on the opposite side. This can cause the person to run into objects and to be an unsafe driver, without knowing the cause of the problem.

## Traumatic Brain Injury Continuum of Care

Adapted from the Rocky Mountain Regional Brain Injury System to depict the continuum of care for individuals with moderate and severe TBI





# Physical Therapy Assistant takes the next step in his post stroke brain recovery

Through 2012, Adan Montoya was an active physical therapist's assistant (PTA) who loved trail running and mountain biking. He was rarely sick, but one day came home from work with what he thought was a chest cold. A trip to the ER three days later identified the issue as a mild heart attack, and Adan was rushed to the cath lab. During the coronary angioplasty procedure, he suffered a stroke that damaged his cerebellum and brain stem. He underwent a lifesaving mechanical thrombectomy that removed the blockage, but the initial neurological results were catastrophic.

Adan was unable to sit, hold up his head, talk, or swallow intentionally. Movement on his right side was limited and he suffered from ataxia (an inability to coordinate voluntary muscle movements), but he could lift his arm and leg a bit and wiggle fingers and toes. At first, his communication was limited to simple yes and no gestures, but then he moved to finger spelling. After three months, he regained a raspy voice and then soon after, the team removed his

feeding tube. Adan relished his mom's home-made empanadas, and kept therapists laughing with his wry wit. Words were few and difficult, but cognitive tests showed he was as sharp as ever.

As a PTA, Adan knew the importance of hard work. Hundreds of hours of physical, occupational, and speech therapy sessions brought him a very long way on the road to recovery, but walking has been a particularly challenging goal.

Nearly three years later, Adan still attends physical therapy sessions at Texas State University three times per week during the school year. There, he works on motor skills, core strength and stability, and he has an opportunity to walk in a walker. He occasionally fails to shift his weight properly, so falls are a concern. Three student therapists work with him when he is walking.

These sessions provide important feedback on balance and coordination, but they lack one element that research shows as vital in motor relearning after brain injury: *repetition*. The key to

*walking is practice every day.* He exercises multiple times each week by riding a recumbent trike in the



Adan Montoya July 2015

neighborhood, and that helps him improve his fitness and general coordination. However, if he wants to be able to walk better, he needs to walk often.

His level of function does not allow him to move safely in a traditional walker without multiple trained assistants, but a Second Step Gait Harness System II (GHSII) allows Adan to practice safe walking at home with a single helper. The unit is more heavy-duty than a traditional walker and has a built-in harness that catches the user if there is a fall.

The Texas State clinic closes for summer, and without the Second Step, he wouldn't be able to practice walking. Now, he has been able to show a home helper how to attach the harness and then the two of them are able to walk back and forth across laminate floor living room as much as Adan can tolerate. Instead of losing ground, he is gaining it.

When he is ready to move into a less supportive walker, Adan plans to donate the System to the clinic, where it will give others an opportunity to walk as well.

## *A wife's perspective*

"The GHSII unit is quite stable, but it pushes him to engage his own core (unlike the Body Weight Support treadmill he has used in the past). I like the harness. It fits well and it is easy to connect to the unit. The braking function is excellent for resting and adds stability for standing tasks."

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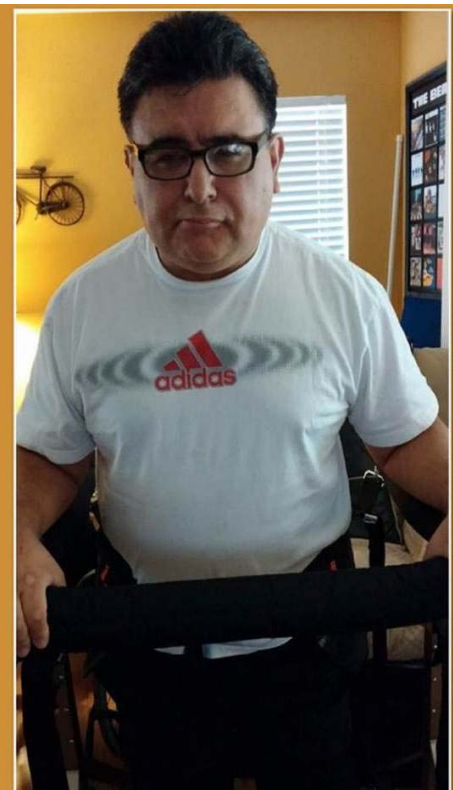
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"It is definitely not too structured. It gives plenty of room for the user to move in a way that is natural and functional. It frees the therapists to work with him rather than support him, but having his upper body open unsupported is requiring him to relearn some fundamentals of functional gait.

"Recently, Adan has begun using the new hand hold accessory, and really likes it. We are both advocates of the Second Step product and see the benefit he has derived from daily home use. "There are aspects of his stroke that are not as visible as walking and are not as straightforward to address, but this is something that Adan can attack head on. He has proven that he is willing to do the hard work, and when he faces walls, he finds ways over them. My job as wife and partner is to locate and hold the ladder. " ~Karen, Adan's wife, Austin TX



Adan Montoya at home



Adan Montoya resting

## ARE YOU A MEMBER?

The Brain Injury Alliance 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 Neuro-Resource Referral Service. Dues notices have been sent. 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 1-800-544-5243 or email [biaor@biaoregon.org](mailto:biaor@biaoregon.org). See page 23 to sign up.

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# Tips for Making a Comeback After Traumatic Brain Injury

**1) Stay positive.** No one said this recovery process would be easy, but staying positive can only help. Brain changes from TBI can actually lead to decreases in motivation and goal-directed activity. Realize that your brain is doing this but that you don't have to be defined by it. There are many people out there who have experienced a brain injury, and have gone on to have success related to their job, school, and personal lives after brain injury. The way you talk and think about your recovery affects the way you feel about it, so it's important to keep moving forward.

**2) You are not alone.** There are many people just like you, recovering from a TBI. Don't isolate yourself, a tendency that can come after a brain injury, and make sure the people you do spend time with treat you with dignity and respect. If you're part of a support group, you can find others to share your recovery with who understand what you are going through. If you would like to start a support group or meet one on one with a professional, start with the Brain Injury Alliance of Oregon, your primary care doctor or the mental health department, all will likely know what resources are available in the hospital and community for people who have experienced brain injuries. There are many psychologists out there who are waiting to help.

**3) Think like a detective.** Become Sherlock Holmes and start deducing what causes your symptoms and makes them better or worse, without over thinking them. For example, are your memory problems more severe when you are tired or after drinking alcohol? Keep track of your memory lapses including what led up to the memory lapse and what helps you redirect your focus and get back on track. If you can track it, you can change it.

**4) Brain injuries are like fingerprints — each one is different.** Your recovery will strongly depend on whether your injury is "mild, moderate, or severe," which depends on how long you were unconscious and other factors occurring at the time of injury. While almost everyone recovers

from a single concussion or mild brain injury within days, the time it takes to heal also depends on the number of brain injuries one has experienced in a lifetime, and other conditions that may exist. For cognitive symptoms that stick around, it can be beneficial to have a neuropsychological assessment to better understand what contributes to symptoms and recommendations.

**5) Relaxation strategies promote the brain's readiness to learn and remember.** Relaxation strategies are very beneficial to people diagnosed with TBI because stress literally causes changes in brain functioning, particularly memory and attention functioning. Anxiety, which interferes with attention and concentration after TBI, will make symptoms related to any neurologic condition worse. Do some brief relaxation techniques before starting a task. Mindfulness meditation has been repeatedly shown to decrease worry and there is now some good initial support that it improves attention and concentration, too. Many people report that managing stress has improved memory and concentration!

**6) Develop personal mottos or key words that cue you to stay on track or complete tasks.** These mottos help trigger your memory about what you need to do. Some examples used are, "do it, write it, or forget it," "be here now," "stop, relax, refocus," and "KPW" (for keys, phone, and wallet, which I use personally when leaving the house).

**7) Keep your family and loved ones involved in your recovery process.** Family members play a critical and often under-appreciated role in recovery after brain injury. TBI doesn't just affect the service member: it involves those close to them who may also be going through a grief and acceptance process in coping with changes. Many

families have found counseling to be vital in adjusting to brain injury as a couple or family.

**8) Consider the benefits of cognitive rehabilitation.** This is a treatment used to help individuals compensate for memory, attention, and other thinking problems. One focus of cognitive rehabilitation is helping you organize your physical environment to increase productivity and attention.

For those who are affected by a brain injury, please remember you are not alone and there are so many resources and strategies to help you better understand and compensate for brain injury, and to aid you and your loved ones along the journey to recovery. Assessment and treatment for TBI are available, they work, and we want to help you!

## Recommended Resources:

- 1) Brainline.org - website with caregiver tips
- 2) Brain Injury Survival Kit: 365 Tips, Tools, and Tricks to Deal with Cognitive Function Loss. by Cheryl Sullivan. (2008). Demos.
- 3) How to Help Someone With Brain Injury (website from the Mayo Clinic):
- 4) Overcoming Grief and Loss after Brain Injury. By Drs. Janet Niemeier and Robert Karol. (2010). Oxford University Press.
- 5) The Stranger in Our Marriage: A Partner's Guide to Navigating Traumatic Brain Injury. By Dr. Colleen Morgan. (2010). Peppertree Press.
- 6) Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families. By Dr. Keith Armstrong and others. (2005). Ulysses Press.
- 7) Once a Warrior—Always a Warrior: Navigating the Transition from Combat to Home—including Combat Stress, PTSD, and mTBI. By Charles Hoge. (2010). GPP Life.

Source: <http://navymedicine.navylive.dodlive.mil/archives/4457>

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Bicycle Accidents  
Motorcycle Accidents  
Sexual Harassment/Abuse  
Aviation Accidents  
Legal Malpractice



## BIAOR by the Numbers

BIAOR's Fiscal Year runs from July 1-June 30.

**What does your membership dues pay for?**

Each year we provide:

### Information & Referral

7200 calls, 32,000 emails  
1520 packets mailed, 2550 DVDs mailed  
1.2 million website visitors

### Legislative & Personal Advocacy

### Support Services

65 Support Groups  
Peer Mentoring and Support  
Donations  
Emergency Support

### Awareness and Prevention

65 Awareness and Prevention Events

### Education

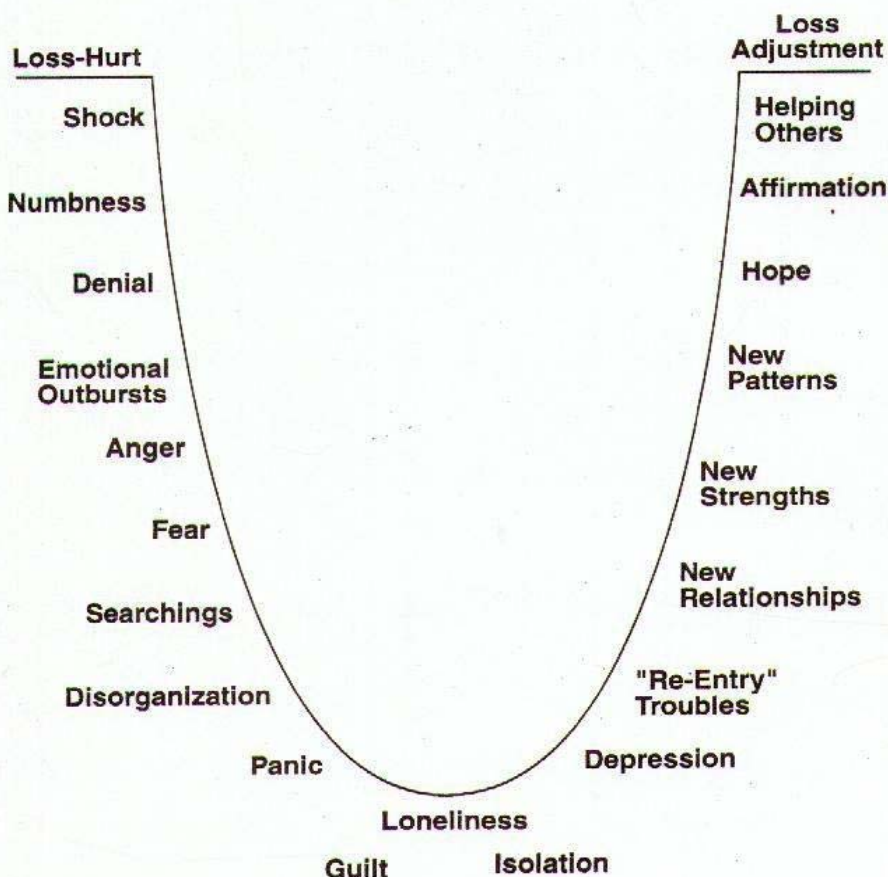
3 day Annual Conference, 370 Trainings/Education  
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### Referrals to Research Projects

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**See page 23 for a membership form**

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## **VIP Entry Before the Crowds January 27th, 6:30-9:30 pm.**

The Sneak Peek Charity Preview Party is the official kick-off of the Portland International Auto Show and creates a memorable night for partygoers. You will truly be wined, dined and entertained! The evening includes the excitement of opening ceremonies, incredible food and beverages, great entertainment, all while leisurely strolling over 400,000 square feet of showroom floor. And all free with your \$100 ticket price!

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**Any Questions Contact: Sherry Stock, Executive Director, Brain Injury Alliance of Oregon**  
800-544-5243 [sherry@biaoregon.org](mailto:sherry@biaoregon.org) <http://www.biaoregon.org>



## NW Brain Injury Conference is March 10-12, 2016, Portland Oregon

### Why should you attend this conference?

In our busy social media crazy world we often forget the importance of being in a live face-to-face setting with others from the brain injury community.

Attending the Northwest Brain Injury Conference Living with Brain Injury, Stroke and Other Neurological Changes can bring with it many benefits. There is power in being connected to other people who are active in the brain injury field.

Many falsely believe that since they can now access industry information via the Internet that the days of the live meeting are gone. The truth is, meetings are more important than ever. The value in meetings comes from the human-to-human connections that occur. Often people cite the serendipitous "hallway conversations" that they have with other attendees as the most valuable parts of attending an event. While these are not on the agenda, or mentioned in the breakout sessions learning objectives, when two or more people begin to discuss topics on a deeper and personal level, the success of the event to those involved becomes irreplaceable.

Here are five reasons to attend the March Northwest Brain Injury Conference:

**1. Educational opportunities.** No matter how experienced you are in your job, in everyday life, in your academic work, everyone can learn. Working in almost any capacity can often be isolating, and without exposure to the latest

research, what is working for other providers, a variety of points of view, we can miss new ideas and trends that can impact what we do. The educational aspect of a conference can expose you to new ways of working in the brain injury fields and help you discover how to be more productive dealing with individuals living with a brain injury.

**2. Networking with peers.** The Northwest Brain Injury Conference provides a great opportunity to network. Often competitors from other regions of the country can become valuable resources for referrals and best-practices. Avoiding peers for fear of others discovering your competitive advantage can actually limit your own success. Collaboration is the way to approach networking. While there are those whose intentions can be suspect, most people can help each other uncover ideas and spark inspiration when they get to know each other on a personal level.

**3. Encounter new vendors and suppliers.** Too often people shy away from the trade show exhibit hall at conferences. They fear that they will have to talk to salespeople, but these industry suppliers are some of the best people for you to get to know if you want to learn more about the current business climate. Discovering innovative products and services is necessary to stay competitive in today's fast-paced world. Plus, these vendors who sell to your industry fully grasp what is happening with other providers. Invest time with the sponsors at the event and turn them into your friends and

allies.

**4. Position yourself as an expert.** When you are active in your field, you can develop a reputation as an expert to your peers and your clients. Those who are engaged over the long term are often asked to speak at the events and to write articles for industry publications. Like it or not, others like to associate with the experts in any industry. Clients feel good about doing business with those that are celebrated by their peers. If your strategy is to be the best-kept secret in brain injury provider community, you will be missing a valuable opportunity.

**5. Have fun.** Life should be rewarding and fun. All work and no play can get old fast. Working in the brain injury field can get very stressful and this conference can add a layer of enjoyment by mixing a social aspect into your learning and networking efforts. We will have our Friday Dinner: The Music Within Us. Brain Injury survivors entertaining us with music and dance. Taking an extra day at the beginning or end of the trip to explore or visit friends in the region is also a great way to maximize the investment in travel. BIAOR will be glad to show you the greater Northwest Area-contact Sherry to arrange a great adventure. Never underestimate the power of a little fun mixed with some interesting people!

Registration is on the following page and for the latest Agenda and information see our website:

[www.biaoregon.org/annualconference.htm](http://www.biaoregon.org/annualconference.htm)

## 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. BIAOR provides information about brain injury, resources and services, awareness and prevention education, advocacy, support groups, trainings and conferences and meetings throughout the state for professionals, survivors and family members. Your gift makes a difference at BIAOR.

### Please mail to:

**BIAOR**

**PO Box 549**

**Molalla OR 97038**

**503-740-3155**

**800-544-5243 Fax:503-961-8730**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

### **Type of Payment**

Check payable to BIAOR for \$ \_\_\_\_\_

Charge my VISA/MC/AMX/Discover Card \$ \_\_\_\_\_

Card number: \_\_\_\_\_

Exp. date: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Signature Approval: \_\_\_\_\_

Zip Code that CC Bill goes to: \_\_\_\_\_





## Registration Form

14th Annual Pacific Northwest Brain Injury Conference 2016 33rd Annual BIAOR Conference  
Living with Brain Injury, Stroke and Other Neurological Changes Sheraton Portland Airport Hotel

**Register Now online at [www.biaoregon.org](http://www.biaoregon.org)**

(Note: A separate registration form is needed for each person attending. Please make extra copies of the form as needed for other attendees. Members of BIAWA, BIAOR, BIAID, VA and OVRS receive member rates)

First Name		Last Name	
Badge Name		Affiliation/Company	
Address	City	State	Zip
Phone	Fax	Email	
Please check all that apply: <input type="checkbox"/> I am interested in volunteering at the conference. Please call me. <input type="checkbox"/> Call me about sponsorship/exhibitor opportunities.			
7 hour Certified Brain Injury Specialist Training/Test for Certification—Thursday (No Refunds)		\$600	Class Only \$175
Pre-Registration is required: Book, training & exam included—must register before 2/20			
		Member	Non-Member
		Amount	
<input type="checkbox"/> Pre-Conference Workshop - Leaving the Hospital - What to expect when working with Individuals with Brain Injury and Neurological Diagnosis—Thursday		\$100	\$175
<b>Conference Registration Fees:</b> Registration fees include: continental breakfast, lunch & conference related materials. Meals not guaranteed for on-site registrations. There are no refunds, but registration is transferable. Contact BIAOR, 800-544-5243 for more information or questions. The following fees are per person:			
<input type="checkbox"/> VIP Special— 3 Days of Conference & Dinner		\$500	\$600
<input type="checkbox"/> Professional (CEUs) 2 Day Friday & Saturday		\$350	\$450
<input type="checkbox"/> Professional (CEUs) 1 Day Only: <input type="checkbox"/> Friday <input type="checkbox"/> Saturday		\$200	\$300
<input type="checkbox"/> Students \$50 per day <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday		\$50 per day	\$
<input type="checkbox"/> Saturday Survivor/Family (no CEUs)		\$100	\$125
<input type="checkbox"/> Saturday Only Courtesy (Brain Injury Survivors with limited means—limited number)		\$25	\$35
<input type="checkbox"/> Membership Professional \$100 Family \$50 Basic \$35 Survivor \$5			\$
<input type="checkbox"/> Scholarship Contribution (donation to assist in covering the cost of survivors with limited funds)			\$
Reception & Dinner The Music Within Us Reception 5:30 -6:30pm, Dinner begins at 6:45pm <b>Separate Charge from Conference</b>		\$75	\$
Credit Card Number ____-____-____-____ Exp Date ____/____ Sec code ____ Signature _____Pre-conference, Registration & Dinner Total \$ _____ CC Address if different than above _____			
(Please add totals from Registration Fee, Reception/Dinner and Scholarship Contribution for final total costs) <b>Make Checks out to BIAOR</b> —Mail to: BIAOR, PO Box 549, Molalla OR 97038 or fax: 503.961.8730 Phone: 800-544-5243 <a href="http://www.biaoregon.org/annualconference.htm">www.biaoregon.org/annualconference.htm</a> <a href="mailto:biaor@biaoregon.org">biaor@biaoregon.org</a> No refunds will be issued for cancellations; <b>however, registrations are transferable</b>			

### Agenda

**Hotel:** Sheraton Portland Airport Hotel

8235 NE Airport Way, Portland, OR 97220 503.281.2500

**Discount room rate** Ask for BIAOR discount  
Rooms are limited

**CEUs applied for:** AFH, CRCC, CDMC, SW, OT, SLP, CLE, DC, DO, CGC. Please contact us if you would like one that is not listed  
**Total CEU Hours 25.5**

### Thursday

8 am - 5 pm Pre-Conference Workshop—lunch and breaks provided

**Friday & Saturday** -Breakfast, Breaks, Lunch provided

7 am - 8 am: Breakfast

8 am - Noon: Keynote and Break- Outs

Noon - 1 pm: Working Lunch and Networking

1 pm - 5 pm: Keynote and Break-Outs

until 6 pm on Friday



## DANCING THROUGH TRAUMATIC BRAIN INJURY

Whoever developed the art of Ballroom dancing probably would not have foreseen that it would be used to help people recover from traumatic brain injuries in the 21st century. We now know that dance can be an excellent treatment when used in rehabilitation for persons with physical, cognitive and psychological disabilities.

When you are dancing you demand a lot from your body. The physical demands of complex and repetitive movements can be harder to do with head injuries that limit your ability to perform at a high level. A recent study that was published in the International Journal of Environmental Research and Public Health stated that dancing could help improve the quality of life, social support, and life satisfaction for people who are going through stroke treatment and recovery. The study states "Dance is a promising treatment intervention that can be used as an innovative adjunct therapy to target multiple impairments in individuals in the subacute stage of post-stroke recovery, in a hospital setting. The dance exercises and the choreography can be adapted to the capacities of each participant with various impairments to provide an appropriate challenge.

Moreover, the participants perceived dance as an enjoyable social and physical activity, which contributes to treatment adherence." This is just one of many studies exploring the overwhelming benefits that dance can

offer people in many rehabilitation settings from stroke victims, to cancer patients and to traumatic brain injuries.

Here at Highland Heights and Shaun's Place Home Care we believe in personalized and extraordinary care. Anything our residents need to progress in their state we make available to them, because their success is our success. We recognize that each of our residents is unique so our programs are personalized and ever evolving. To meet the needs of our guys and to encourage further development in their recovery we introduced them to line dancing in early 2014. We work with a team of dance instructors at Arthur Murray Dance Studio of Portland to bring a fun and interactive atmosphere to their recovery. The benefits we have seen reflected in our residents have been profound, the added benefit that it is fun for them just makes our job as support staff a little easier. In addition to increases in mobility, some of the many benefits we have seen is their better ability to focus and the ability to reminisce on previous dance classes. It also encourages more self-awareness, better self-esteem, reduced anxiety, enhanced mind- body connectivity, and focus on non-verbal communication.

We've also discovered that through this program we have been able to reduce the need for many psychotropic drugs associated with Traumatic Brain Injury and the behaviors

that require these medications. Overall we are left with happier and healthier residents in our home that makes the job of the caregiver that much easier.

Since starting our program in 2014, we have learned a few different dance styles that we have been able to perform and take out into the community; we started with line dancing and are now perfecting our ballroom dance. In addition to performing each year at the Brain Injury Alliance of Oregon's annual conference, On July 23rd we were invited to our state capital to the celebration of the 25th Anniversary of the Americans with Disabilities Act in Oregon. There, the Shaun's Place performers opened the celebration with the national anthem, and then continued to performed their line dance routine and ballroom dance routine. The experience for our residents was something we celebrated with them and further increased the joy they experience in this program, as they felt recognized by their community for their wonderful achievements. We welcome opportunities to take them out into the community and share what they are working on for their benefit and others. We always get an overwhelmingly positive response from the community and from the guys performing.

Our guys have been able to bond with their housemates in new ways that positively impact their total wellbeing. The benefits of

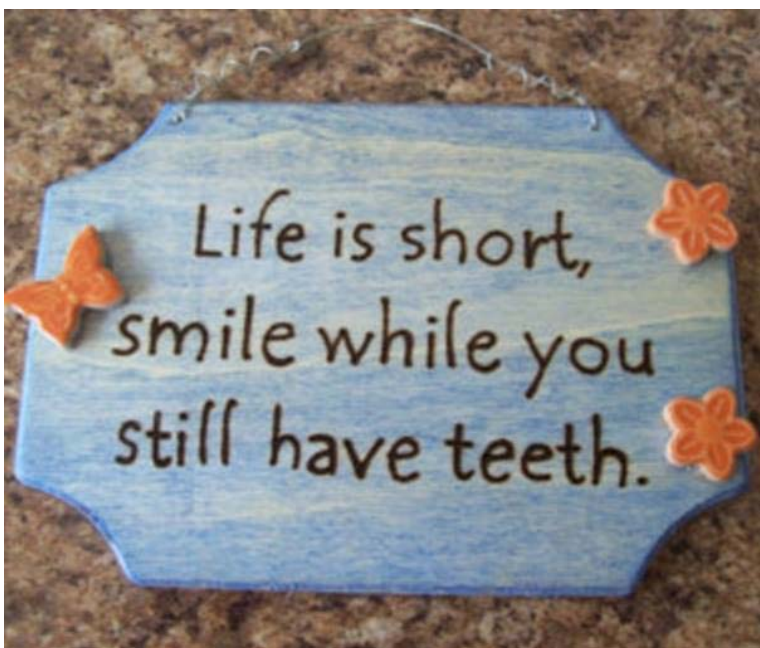


our dance program cannot be overestimated. This program has exceeded all of our hopes as caregivers trying to aid our TBI guys in their long road to recovery. The dance instructors we work with are positive and skilled at including our guys in activities and movements that are adapted to fit their abilities. We also have met lovely people in the community who understood the struggles our residents have faced through dancing with a traumatic brain injury and have been overjoyed with the continued support we have received. The experience has been therapeutic for everyone, not just the residence but the support staff, the dance instructors and we believe the community as well.



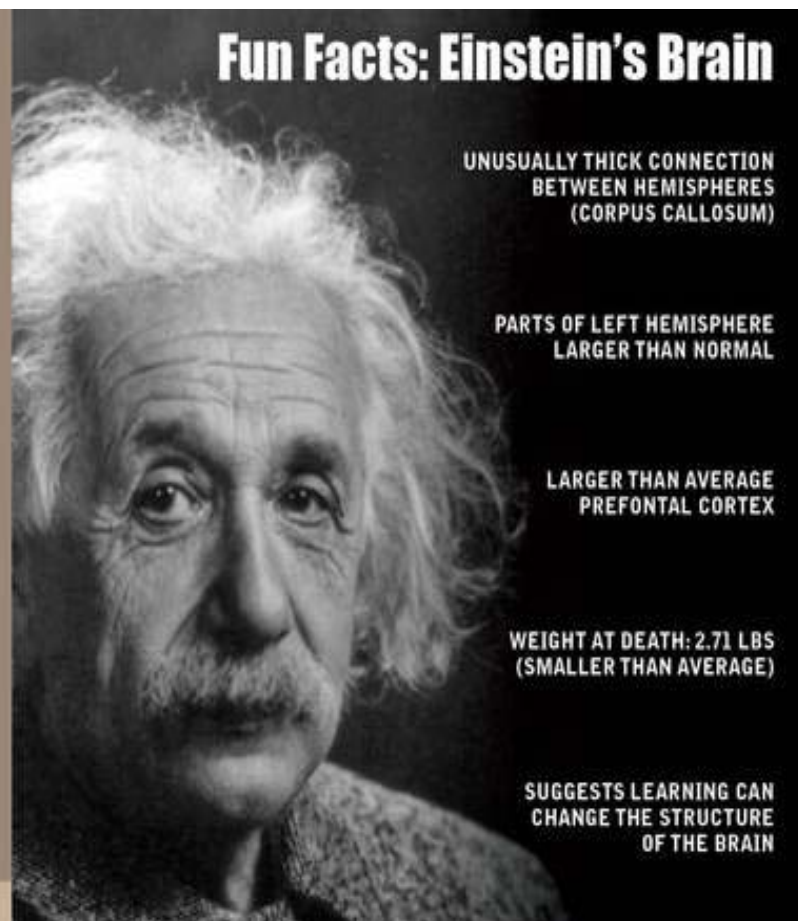
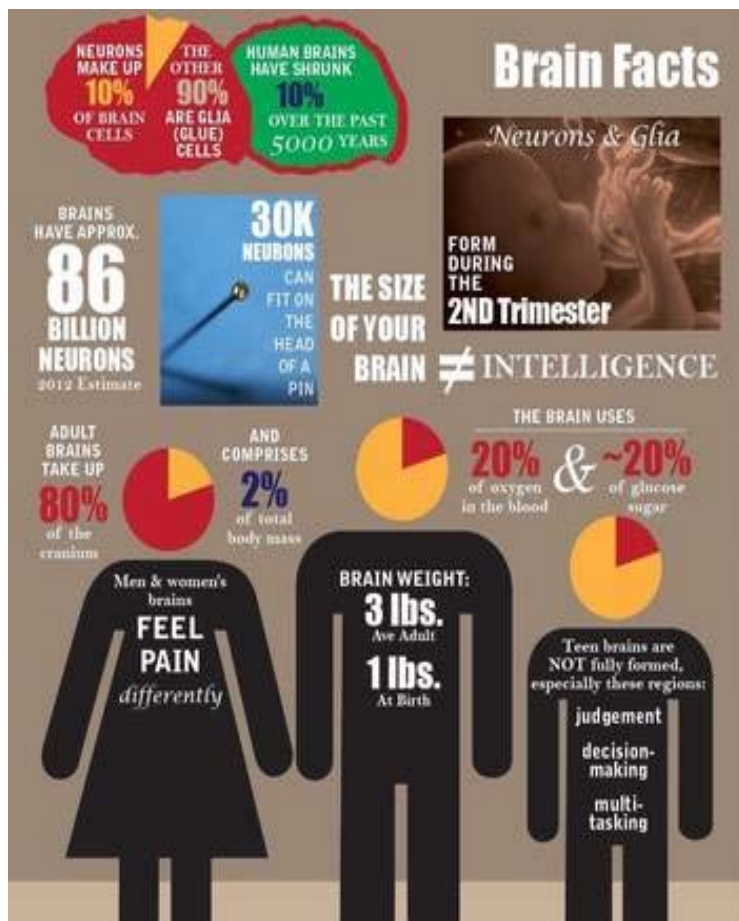
References : Demers, M., & Mckinley, P. (2015). Feasibility of Delivering a Dance Intervention for SubAcute Stroke in a Rehabilitation Hospital Setting. International Journal of Environmental Research and Public Health IJERPH, 120-3132.j

Highland Heights & Shaun's Place Home Care, 4233 SE 182nd PMB #168, Gresham OR 97030 503-618-0089



FOR THOSE OF YOU WHO HAVE TROUBLE SPELLING \* !!!!TRY THIS!!!!  
AOCDRNDICG TO RSCHEEARCH AT CMABRIGDE UINERV TISY , IT DSENO'T MTAETR WAHT OERDR THE LTTERES IN A WROD ARE, THE OLN Y IPROAMTNT TIHNG IS TAHT THE FR SIT AND LSAT LTEETR BE IN THE RGHIT PCLAE. TIHS IS BCUSEAE THE HUAMN MNID DEOS NOT RAED ERVEY LTETER BY ISTLEF, BUT THE WROD AS A WLOHE. IF YOU CAN RAED TIHS, PSOT IT TO YUOR WLAL. OLN Y 55% OF PLEPOE CAN!!



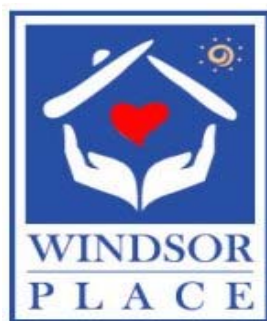


**At Windsor Place, we believe in promoting the self-confidence and self-reliance of all of our residents**

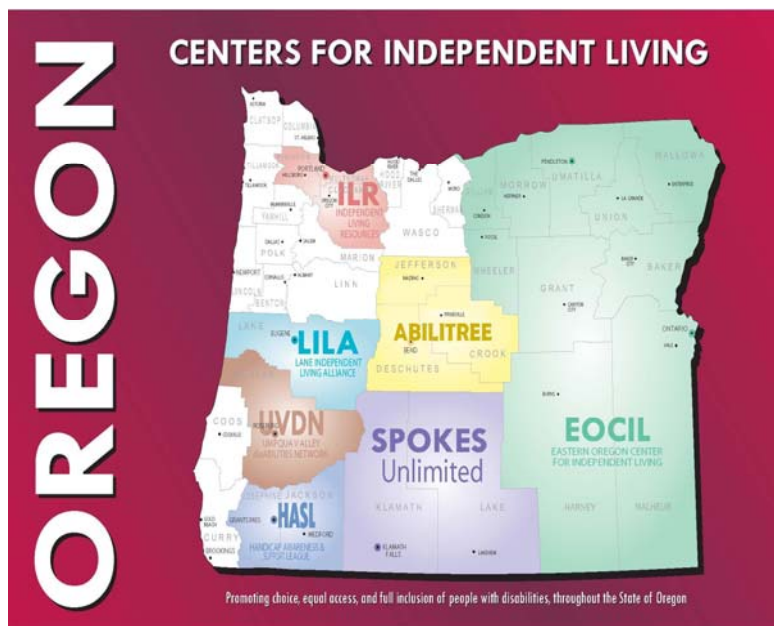


**Susan Hunter**  
Executive Director

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



**Windsor Place, Inc.**  
3009 Windsor Ave. NE Salem Oregon 97301  
[www.windsorplacesalem.org](http://www.windsorplacesalem.org)



## Oregon Centers for Independent Living

### Contact List

CIL	LOCATION	COUNTIES SERVED
<b>ABILITREE</b> IL Director: Greg Sublette	2680 NE Twin Knolls Dr Bend, OR 97702 1-541-388-8103	Crook, Deschutes, Jefferson
<b>EOCIL</b> (Eastern Oregon Center for Independent Living) Director: Kirt Toombs	322 SW 3rd Suite 6 Pendleton, OR 97801 (541) 276-1037 1-877-711-1037	Gilliam,, Morrow, Umatilla, Union, Wheeler
	400 E Scenic Dr., Ste 2349 The Dalles, OR 97058 541-370-2810 1-855-516-6273	Columbia , Hood River, Sherman, Wasco
	1021 SW 5th Avenue Ontario, OR 97914 (541) 889-3119 or 1-866-248-8369	Baker, Grant, Harney, Malheur , Wallowa
<b>HASL</b> (Independent Abilities Center) Director: Randy Samuelson	305 NE "E" St. Grants Pass, OR 97526 (541) 479-4275	Josephine, Jackson, Curry, Coos , Douglas
<b>LILA</b> (Lane Independent Living Alliance) Director: Sheila Thomas	20 E 13th Ave Eugene, OR 97401 (541) 607-7020	Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln
<b>ILR</b> (Independent Living Resources) Director: Barry Fox-Quamme	1839 NE Couch Street Portland, OR 97232 (503) 232-7411	Clackamas, Multnomah, Washington
<b>SPOKES UNLIMITED</b> Director: Curtis Raines	1006 Main Street Klamath Falls, OR 97601 (541) 883-7547	Klamath
	SPOKES Lakeview Branch Office 100 North D St, Lakeview, OR 97630 541-947-2078 (voice)	Lake
<b>UVDN</b> (Umpqua Valley disAbilities Network) Director: David Fricke	736 SE Jackson Street, Roseburg, OR 97470 (541-672-6336	Douglas



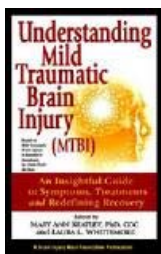
## Summer/Fall Sudoku

(Answer from page 5)

2	5	3	7	9	1	8	6	4
7	6	9	8	4	2	1	3	5
1	8	4	5	3	6	9	7	2
8	7	5	3	1	9	4	2	6
9	2	1	4	6	5	3	8	7
4	3	6	2	7	8	5	1	9
5	4	7	1	2	3	6	9	8
6	1	8	9	5	7	2	4	3
3	9	2	6	8	4	7	5	1

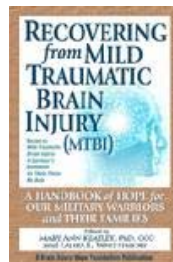






### Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery

Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery Edited by Mary Ann Keatley, PhD and Laura L. Whittemore \$16.00



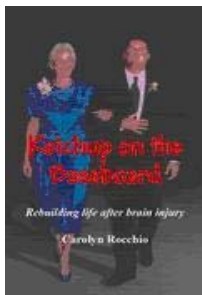
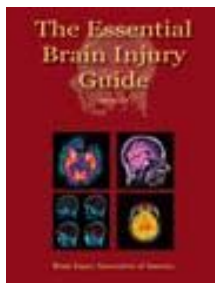
### Recovering from Mild Traumatic Brain Injury A handbook of hope for military and their families.

Edited by Mary Ann Keatley, PhD and Laura L. Whittemore

This clear and concise handbook speaks to our Wounded Warriors and their families and helps them navigate through the unknown territory of this often misunderstood and unidentified injury. It provides an insightful guide to understanding the symptoms, treatment options and redefines "Recovery" as their new assignment. Most importantly, the intention of the authors is to inspire hope that they will get better, they will learn to compensate and discover their own resiliency and resourcefulness. \$18.00

### The Essential Brain injury Guide

The Essential Brain Injury Guide provides a wealth of vital information about brain injury, its treatment and rehabilitation. Written and edited by leading brain injury experts in non-medical language, it's easy to understand. This thorough guide to brain injury covers topics including: Understanding the Brain and Brain Injury; Brain Injury Rehabilitation; Health, Medications and Medical Management; Treatment of Functional Impacts of Brain Injury; Children and Adolescents; Legal and Ethical Issues; and MORE! Used as the primary brain injury reference by thousands of professionals and para-professionals providing direct services to persons with brain injury over the past 15 years. \$60.00

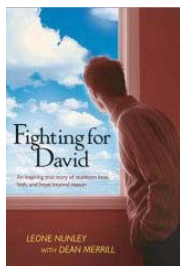
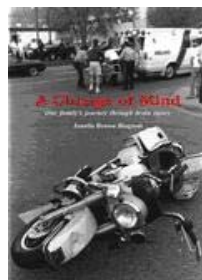


### Ketchup on the Baseboard

Ketchup on the Baseboard tells the personal story of the authors' family's journey after her son, Tim, sustained a brain injury. Chronicling his progress over more than 20 years, she describes the many stages of his recovery along with the complex emotions and changing dynamics of her family and their expectations. More than a personal story, the book contains a collection of articles written by Carolyn Rocchio as a national columnist for newsletters and journals on brain injury. \$20

### A Change of Mind

A Change of Mind by Janelle Breese Biagioni is a very personal view of marriage and parenting by a wife with two young children as she was thrust into the complex and confusing world of brain injury. Gerry Breese, a husband, father and constable in the Royal Canadian Mounted Police was injured in a motorcycle crash while on duty. Janelle traces the roller coaster of emotions, during her husband's hospital stay and return home. She takes you into their home as they struggle to rebuild their relationship and life at home. \$20

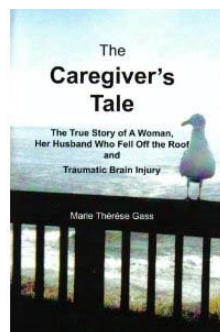


### Fighting for David

Leone Nunley was told by doctors that her son David was in a "persistent coma and vegetative state"--the same diagnosis faced by Terri Schiavo's family. Fighting for David is the story how Leone fought for David's life after a terrible motorcycle crash. This story shows how David overcame many of his disabilities with the help of his family. \$15

### The Caregiver's Tale: The True Story Of A Woman, Her Husband Who Fell Off The Roof, And Traumatic Brain Injury

From the Spousal Caregiver's, Marie Therese Gass, point of view, this is the story of the first seven years after severe Traumatic Brain Injury, as well as essays concerning the problems of fixing things, or at least letting life operate more smoothly. Humor and pathos, love and frustration, rages and not knowing what to do--all these make up a complete story of Traumatic Brain Injury. \$15



### Brain Injury Alliance of Oregon

☐ New Member ☐ Renewing Member

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

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

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

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

Email: \_\_\_\_\_

### Type of Membership

- ☐ Survivor Courtesy \$ 5 (Donations from those able to do so are appreciated)  
☐ Basic \$35 ☐ Family \$50 ☐ Individuals \$25 ☐ Non Profit \$75  
☐ Professional \$100 ☐ Sustaining \$200 ☐ Corporation \$300  
☐ Lifetime \$5000

### Sponsorship

- ☐ Bronze \$300 ☐ Silver \$500 ☐ Gold \$1,000 ☐ Platinum \$2,000

Additional Donation/Memorial: \$ \_\_\_\_\_

In memory of: \_\_\_\_\_

(Please print name)

### Member is:

- ☐ Individual with brain injury ☐ Family Member ☐ Other: \_\_\_\_\_  
☐ Professional. Field: \_\_\_\_\_

### Book Purchase (\$2 per book for mailing):

- ☐ The Caregiver's Tale \$15 ☐ Change of Mind \$20  
☐ Fighting for David \$15 ☐ Ketchup on the Baseboard \$20  
☐ The Essential Brain Injury Guide \$60  
☐ Recovering from MTBI \$18 ☐ Understanding MTBI \$16

### Type of Payment

☐ Check payable to BIAOR for \$ \_\_\_\_\_

☐ Charge my VISA/MC/Discover Card \$ \_\_\_\_\_

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ Security Code from back \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Signature Approval: \_\_\_\_\_

Date: \_\_\_\_\_

### Please mail to:

BIAOR PO Box 549

Molalla, OR 97038

800-544-5243 Fax: 503-961-8730

www.biaoregon.org • biaor@biaoregon.org

501 (c)(3) Tax Exempt Fed. ID 93-0900797



# Resources

For Parents,  
Individuals, Educators  
and Professionals

## The Oregon TBI Team

The Oregon TBI Team is a multidisciplinary group of educators and school professionals trained in pediatric brain injury. The Team provides in-service training to support schools, educators and families of Individuals (ages 0-21) with TBI. For evidence based information and resources for supporting Individuals with TBI, visit: [www.tbied.org](http://www.tbied.org)  
For more information about Oregon's TBI [www.cbirt.org/oregon-tbi-team/](http://www.cbirt.org/oregon-tbi-team/)  
Melissa McCart 541-346-0597  
[tbiteam@wou.edu](mailto:tbiteam@wou.edu) or [mccart@uoregon.edu](mailto:mccart@uoregon.edu)  
[www.cbirt.org](http://www.cbirt.org)

## LEARNet

Provides educators and families with invaluable information designed to improve the educational outcomes for Individuals with brain injury.  
[www.projectlearn.net.org/index.html](http://www.projectlearn.net.org/index.html)

## Parent Training and Information

A statewide parent training and information center serving parents of children with disabilities.

1-888-988-FACT

Email: [info@factoregon.org](mailto:info@factoregon.org)

[http://factoregon.org/?page\\_id=52](http://factoregon.org/?page_id=52)

## Websites

**Mayo Clinic** [www.mayoclinic.com/health/traumatic-brain-injury/DS00552](http://www.mayoclinic.com/health/traumatic-brain-injury/DS00552)

**BrainLine.org** [www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi\\_pageall.html](http://www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi_pageall.html)

## FREE Brain Games to Sharpen Your Memory and Mind

[www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82](http://www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82)

<http://brainist.com/>

**Home-Based Cognitive Stimulation Program**

<http://main.uab.edu/tbi/show.asp?durki=49377&site=2988&return=9505>

**Sam's Brainy Adventure**

<http://faculty.washington.edu/chudler/flash/comic.html>

**Neurobic Exercise**

[www.neurobics.com/exercise.html](http://www.neurobics.com/exercise.html)

**Brain Training Games from the Brain Center of America**

[www.braincenteramerica.com/exercises\\_am.php](http://www.braincenteramerica.com/exercises_am.php)

## Returning Veterans Project

Returning Veterans Project is a nonprofit organization comprised of politically unaffiliated and independent health care practitioners who offer **free counseling and other health services to veterans of past and current Iraq and Afghanistan campaigns and their families**. Our volunteers include mental health professionals, acupuncturists and other allied health care providers. We believe it is our collective responsibility to offer education, support, and healing for the short and long-term repercussions of military combat on veterans and their families. For more information contact:

Belle Bennett Landau, Executive Director, 503-933-4996 [www.returningveterans.org](http://www.returningveterans.org)  
email: [mail@returningveterans.org](mailto:mail@returningveterans.org)

## Center for Polytrauma Care-Oregon VA

Providing rehabilitation and care coordination for combat-injured OIF/OEF veterans and active duty service members.

**Contact:** Ellen Kessi, LCSW, Polytrauma Case Manager [Ellen.Kessi@va.gov](mailto:Ellen.Kessi@va.gov)  
1-800-949-1004 x 34029 or 503-220-8262 x 34029



## Washington TBI Resource Center

Providing Information & Referrals to individuals with brain injury, their caregivers, and loved ones through the Resource Line. In-Person Resource Management is also available in a service area that provides coverage where more than 90% of TBI Incidence occurs (including counties in Southwest Washington).

For more information or assistance call: 1-877-824-1766 9 am -5 pm  
[www.BrainInjuryWA.org](http://www.BrainInjuryWA.org)

Vancouver: Carla-Jo Whitson, MSW CBIS 360-991-4928 [jarlaco@yahoo.com](mailto:jarlaco@yahoo.com)

## Legal Help

**Disability Rights Oregon (DRO)** promotes Opportunity, Access and Choice for individuals with disabilities. Assisting people with legal representation, advice and information designed to help solve problems directly related to their disabilities. All services are confidential and free of charge. (503) 243-2081 <http://www.disabilityrightsoregon.org/>

**Legal Aid Services of Oregon** serves people with low-income and seniors. If you qualify for food stamps you may qualify for services. Areas covered are: consumer, education, family law, farmworkers, government benefits, housing, individual rights, Native American issues, protection from abuse, seniors, and tax issues for individuals. Multnomah County 1-888-610-8764  
[www.lawhelp.org](http://www.lawhelp.org)

**Oregon Law Center Legal** provides free legal services to low income individuals, living in Oregon, who have a civil legal case and need legal help. Assistance is not for criminal matter or traffic tickets. <http://oregonlawhelp.org> 503-295-2760

**Oregon State Bar Lawyer Referral Services** refers to a lawyer who may be able to assist. 503-684-3763 or 800-452-7636

**The Oregon State Bar Military Assistance Panel** program is designed to address legal concerns of Oregon service members and their families immediately before, after, and during deployment. The panel provides opportunities for Oregon attorneys to receive specialized training and offer *pro bono* services to service members deployed overseas. 800-452-8260

**St. Andrews Legal Clinic** is a community non-profit that provides legal services to low income families by providing legal advocacy for issues of adoption, child custody and support, protections orders, guardianship, parenting time, and spousal support. 503-557-9800

**SSI/SSDI Help**—Heatherly Disability Representatives, Inc 503-473-8445

## Affordable Naturopathic Clinic in Southeast Portland

An affordable, natural medicine clinic is held the second Saturday of each month. Dr. Cristina Cooke, a naturopathic physician, will offer a sliding-scale.

Naturopaths see people with a range of health concerns including allergies, diabetes, fatigue, high blood-pressure, and issues from past physical or emotional injuries.

The clinic is located at:

The Southeast Community Church of the Nazarene  
5535 SE Rhone, Portland.

For more information of to make an appointment, please call:  
Dr. Cooke, 503-984-5652

## Have you had an insurance claim for cognitive therapy denied?

If so call:  
Disability Rights Oregon

610 SW Broadway, Ste 200, Portland, OR 97205  
Phone: (503) 243-2081 Fax: (503) 243 1738

## Financial Assistance

**Long Term Care**—Melissa Taber, Long Term Care TBI Coordinator, DHS, State of Oregon 503-947-5169

**The Low-Income Home Energy Assistance Program (LIHEAP)** is a federally-funded program that helps low-income households pay their home heating and cooling bills. It operates in every state and the District of Columbia, as well as on most tribal reservations and U.S. territories. The LIHEAP Clearinghouse is an information resource for state, tribal and local LIHEAP providers, and others interested in low-income energy issues. This site is a supplement to the LIHEAP-related information the LIHEAP Clearinghouse currently provides through its phone line 1-800-453-5511 [www.ohcs.oregon.gov/OHCS/SOS\\_Low\\_Income\\_Energy\\_Assistance\\_Oregon.shtml](http://www.ohcs.oregon.gov/OHCS/SOS_Low_Income_Energy_Assistance_Oregon.shtml)

**Food, Cash, Housing** Help from Oregon Department of Human Services 503-945-5600

<http://www.oregon.gov/DHS/assistance/index.shtml>

### Housing

Various [rental housing assistance programs](#) for low income households are administered by local community action agencies, known as CAAs. [Subsidized housing](#), such as Section 8 rental housing, is applied for through local housing authorities. 503-986-2000 [http://oregon.gov/OHCS/CSS/Low\\_Income/Rental\\_Housing\\_Assistance\\_Programs.shtml](http://oregon.gov/OHCS/CSS/Low_Income/Rental_Housing_Assistance_Programs.shtml)

**Oregon Food Pantries** <http://www.foodpantries.org/st/oregon>

**Central City Concern, Portland** 503 294-1681

Central City Concern meets its mission through innovative outcome based strategies which support personal and community transformation providing:

- Direct access to housing which supports lifestyle change.
- Integrated healthcare services that are highly effective in engaging people who are often alienated from mainstream systems.
- The development of peer relationships that nurture and support personal transformation and recovery.
- Attainment of income through employment or accessing benefits.

## Tammy Greenspan Head Injury Collection

A terrific collection of books specific to brain injury. You can borrow these books through the interlibrary loan system. A reference librarian experienced in brain injury literature can help you find the book to meet your needs. 516-249-9090

## Need Help with Health Care?

**Oregon Health Connect:** 855-999-3210

[Oregonhealthconnect.org](http://Oregonhealthconnect.org)

Information about health care programs for people who need help.

**Project Access Now** 503-413-5746 [Projectaccessnow.org](http://Projectaccessnow.org)  
Connects low-income, uninsured people to care donated by providers in the metro area.

**Health Advocacy Solutions** - 888-755-5215 [Hasolutions.org](http://Hasolutions.org)  
Researches treatment options, charity care and billing issues for a fee.

**Coalition of Community Health Clinics** 503-546-4991  
[Coalitionclinics.org](http://Coalitionclinics.org)  
Connects low-income patients with donated free pharmaceuticals.

**Oregon Prescription Drug Program** 800-913-4146  
[Oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx](http://Oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx)  
Helps the uninsured and underinsured obtain drug discounts.

**Central City Concern, Old Town Clinic Portland** 503 294-1681  
Integrated healthcare services on a sliding scale.

## Valuable Websites

[www.BrainLine.org](http://www.BrainLine.org): a national multimedia project offering information and resources about preventing, treating, and living with TBI; includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

[www.iCaduceus.com](http://www.iCaduceus.com): The Clinician's Alternative, web-based alternative medical resource.

[www.oregon.gov/odva](http://www.oregon.gov/odva): Oregon Department of Veterans Affairs

<http://fort-oregon.org/>: information for current and former service members

[www.idahotbi.org/](http://www.idahotbi.org/): Idaho Traumatic Brain Injury Virtual Program Center-The program includes a telehealth component that trains providers on TBI issues through video-conferencing and an online virtual program center.

[www.headinjury.com/](http://www.headinjury.com/) - information for brain injury survivors and family members

<http://activecoach.ocrasinc.com> **Free concussion training for coaches** ACTIVE: Athletic Concussion Training™ using Interactive Video Education

[www.braininjuryhelp.org](http://www.braininjuryhelp.org) Peer mentoring help for the TBI survivor in the Portland Metro/Southern Washington area. 503-224-9069

[www.phpnw.org](http://www.phpnw.org) *If you, or someone you know needs help-contact:* People Helping People Sharon Bareis 503-875-6918

[www.oregonpva.org](http://www.oregonpva.org) - If you are a disabled veteran who needs help, peer mentors and resources are available

<http://oregonmilitarysupportnetwork.org> - resource for current and former members of the uniformed military of the United States of America and their families.

<http://apps.usa.gov/national-resource-directory/NationalResourceDirectory> The National Resource Directory is a mobile optimized website that connects wounded warriors, service members, veterans, and their families with support. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. (mobile website)

<http://apps.usa.gov/ptsd-coach/> PTSD Coach is for veterans and military service members who have, or may have, post-traumatic stress disorder (PTSD). It provides information about PTSD and care, a self-assessment for PTSD, opportunities to find support, and tools—from relaxation skills and positive self-talk to anger management and other common self-help strategies—to help manage the stresses of daily life with PTSD. (iPhone)

## Survivor Support Line - CALL 855-473-3711

A survivor support line is now available to provide telephone support to those who suffer from all levels of brain impairment. 4peer11 is a survivor run, funded, operated and managed-emotional help line. We do not give medical advice, but we DO have two compassionate ears. We have survived some form of brain injury or a we are a survivor who is significant in the life of a survivor.

The number to call 855-473-3711 (855-4peer11). Live operators are available from 9am-9pm Pacific Standard Time. If a call comes when an operator is not free please leave a message. Messages are returned on a regular basis.

### Astoria

Astoria Support Group  
3rd Tuesday 6-7:30  
Pacific NW Occupational Therapy Clinic  
1396 Duane St. Astoria OR 97103  
Kendra Ward 209-791-3092 [pnwhigroup@gmail.com](mailto:pnwhigroup@gmail.com)

### Beaverton

#### Because My Dani Loved Me

Brain Injury Survivors, Stroke Victims and their Care Givers  
Sundays 10:00 am - 12:00 pm  
Beaverton Community Center  
12350 SW 5th St #100  
Beaverton, OR 97005  
Please call Dani and Carrie di Palma RN (Ret.) for info. 503.352.4702 [MyDaniLovedMe@aol.com](mailto:MyDaniLovedMe@aol.com)

### Bend

#### CENTRAL OREGON SUPPORT GROUP

2nd Saturday 10 am to 11:30  
St. Charles Medical Center  
2500 NE Neff Rd, Bend 97701  
Call 541 382 9451 for Room location  
Joyce & Dave Accornero, 541 382 9451  
[Accornero@bendbroadband.com](mailto:Accornero@bendbroadband.com)

#### Abilitree Thursday Support Group

Thursdays 10:30 am - 12:00 noon  
Brain Injury Survivor and Family Group & Survivor and Family/Caregiver Cross Disabilities  
Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701  
Contact Francine Marsh 541-388-8103 x 205  
[francinem@abilitree.org](mailto:francinem@abilitree.org)

#### Abilitree Moving A Head Support Group

1st & 3rd Thursday 5:30-7:00  
Brain Injury Survivor, Survivor and Family  
Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701  
Contact Francine Marsh 541-388-8103 x 205  
[francinem@abilitree.org](mailto:francinem@abilitree.org)

### Corvallis

#### STROKE SUPPORT GROUP

1st Tuesday 1:30 to 3:00 pm  
Church of the Good Samaritan Lng  
333 NW 35th Street, Corvallis, OR 97330  
Call for Specifics: Josh Funk  
541-768-5157 [jfunk@samhealth.org](mailto:jfunk@samhealth.org)

#### Brain Injury Support Group

Currently with Stroke Support Group  
Church of the Good Samaritan Lng  
333 NW 35th Street, Corvallis, OR 97330  
Call for Specifics: Josh Funk  
541-768-5157 [jfunk@samhealth.org](mailto:jfunk@samhealth.org)

# Brain Injury Support Groups

### Coos Bay (1)

#### Traumatic Brain Injury (TBI) Support Group

2nd Saturday 3:00pm – 5:00pm  
Kaffe 101, 171 South Broadway  
Coos Bay, OR 97420 [tbicbsupport@gmail.com](mailto:tbicbsupport@gmail.com)

#### Growing Through It- Healing Art Workshop

Contact: Bittin Duggan, B.F.A., M.A.,  
541-217-4095 [bittin@growingthroughit.org](mailto:bittin@growingthroughit.org)

### Eugene (3)

#### Head Bangers

3rd Tuesday, Feb., Apr., June, July, Aug., Oct. Nov.  
6:30 pm - 8:30 pm Potluck Social  
Monte Loma Mobile Home Rec Center  
2150 Laura St., Springfield, OR 97477  
Susie Chavez, (541) 342-1980  
[admin@communityrehab.org](mailto:admin@communityrehab.org)

#### Community Rehabilitation Services of Oregon

3rd Tuesday, Jan., Mar., May, Sept. and Nov.  
7:00 pm - 8:30 pm Support Group  
St. Thomas Episcopal Church  
1465 Coburg Rd.; Eugene, OR 97401  
Jan Johnson, (541) 342-1980  
[admin@communityrehab.org](mailto:admin@communityrehab.org)  
  
**BIG (BRAIN INJURY GROUP)**  
Tuesdays 11:00am-1pm  
Hilyard Community Center  
2580 Hilyard Avenue, Eugene, OR. 97401  
Curtis Brown, (541) 998-3951 [BCCBrown@gmail.com](mailto:BCCBrown@gmail.com)

### Hillsboro

#### Westside SUPPORT GROUP

3rd Monday 7-8 pm  
For brain injury survivors, their families, caregivers and professionals  
Tuality Community Hospital  
335 South East 8th Street, Hillsboro, OR 97123  
Carol Altman, (503) 640-0818

### Klamath Falls

#### SPOKES UNLIMITED BRAIN INJURY SUPPORT GROUP

2nd Tuesday 1:00pm to 2:30pm  
1006 Main Street, Klamath Falls, OR 97601  
Jackie Reed 541-883-7547  
[jackie.reed@spokesunlimited.org](mailto:jackie.reed@spokesunlimited.org)

### Lake Oswego

#### Family Caregiver Discussion Group

1st and 3rd Saturday, 9:30 - 10:30 AM.  
(there will be no group in August)  
Lake Oswego Adult Community Center  
505 G Avenue, Lake Oswego, OR 97034  
Ruth C. Cohen, MSW, LCSW, 503-701-2184  
[www.ruthcohenconsulting.com](http://www.ruthcohenconsulting.com)

### Lebanon

#### BRAIN INJURY SUPPORT GROUP OF LEBANON

on hiatus

### Medford

#### Southern Oregon Brainstormers Support & Social Club

1st Tuesday 3:30 pm to 5:30 pm  
751 Spring St., Medford, Or 97501  
Lorita Cushman 541-621-9974  
[BIAOregon@AOL.COM](mailto:BIAOregon@AOL.COM)

### Oregon City

#### Brain Injury Support Group

3rd Friday 1-3 pm (Sept - May)  
Clackamas Community College  
Sonja Bolon, MA 503-816-1053  
[sonjabolon@yahoo.com](mailto:sonjabolon@yahoo.com)

### Portland (20)

#### Brain Injury Help Center

*Call and meet with Brain Injury Advocate*

Tuesdays & Thursdays: 10:00-12:00

*Young BI Adult Technology & Game time*

Wednesdays: 10:00-12:00

*Family and Parent Coffee in café*

Wednesdays: 10:00-12:00

*"Living the Creative Life" Women's Coffee*

Fridays: 10:00 – 12:00

1411 SW Morrison #220 Portland, Oregon 97205

[braininjuryhelporg@yahoo.com](mailto:braininjuryhelporg@yahoo.com)

**Call Pat Murray 888-302-2229**

#### BIRRDsong

1st Saturday 9:30 - 11

1. Peer support group that is open to everyone, including family and the public

2. Family and Friends support group that is only for family and friends

Legacy Good Samaritan Hospital, Wistar Morris Room.

1015 NW 22nd Portland, 97210

Joan Miller 503-969-1660

[peersupportcoordinator@birrdsong.org](mailto:peersupportcoordinator@birrdsong.org)

#### BRAINSTORMERS I

2nd Saturday 10:00 - 11:30am

Women survivor's self-help group

Wilcox Building Conference Room A

2211 NW Marshall St., Portland 97210

Next to Good Samaritan Hospital

Jane Starbird, Ph.D., (503) 493-1221

[drstarbird@aol.com](mailto:drstarbird@aol.com)

#### BRAINSTORMERS II

3rd Saturday 10:00am-12:00noon

Survivor self-help group

Emanuel Hospital Medical Office Building West Conf Rm

2801 N Gantenbein, Portland, 97227

Steve Wright [stephenmwright@comcast.net](mailto:stephenmwright@comcast.net)

503-816-2510

#### CROSSROADS (Brain Injury Discussion Group)

2nd and 4th Friday, 1-3 pm

Independent Living Resources

1839 NE Couch St, Portland, OR 97232

503-232-7411

*Must Be Pre-Registered*

#### Doors of Hope - Spanish Support Group

3rd Tuesday 5:30 -7:30pm

Providence Hospital, 4805 NE Glisan St, Portland,

Rm HCC 6

503--454--6619 [grupodeapoyo@BIRRDsong.org](mailto:grupodeapoyo@BIRRDsong.org)

**Please Pre-Register**

#### FAMILY SUPPORT GROUP

3rd Saturday 1:00 pm-2:00 pm

Self-help and support group

Currently combined with PARENTS OF CHILDREN WITH

BRAIN INJURY Emanuel Hospital, Rm 1035

2801 N Gantenbein, Portland, 97227

Pat Murray 888-302-2229 [murraypamurray@aol.com](mailto:murraypamurray@aol.com)



### **FARADAY CLUB**

1st Saturday 1:00-2:30pm  
Peer self-help group for professionals with BI  
Emanuel Hospital, Rm. 1035  
2801 N Gantenbein, Portland, 97227  
Pat Murray 888-302-2229 [murraypamurray@aol.com](mailto:murraypamurray@aol.com)

### **OHSU Sports Concussion Support Group**

For Youth and Their Families who have been affected by a head injury  
2nd Tuesday, 7:00-8:30 pm  
OHSU Center for Health and Healing  
3303 SW Bond Ave, 3rd floor conference room  
Portland, OR 97239  
For more information or to RSVP contact Jennifer Wilhelm (503) 494-3151 or email: [wilhelmj@ohsu.edu](mailto:wilhelmj@ohsu.edu)  
*Sponsored by OHSU Sports Medicine and Rehabilitation*

### **PARENTS OF CHILDREN WITH BRAIN INJURY**

3rd Saturday 12:30 - 2:30 pm  
self-help support group.  
12:30-1 pm Currently combined with THRIVE SUPPORT GROUP for Pizza then joins FAMILY SUPPORT GROUP  
Emanuel Hospital, Rm 1035  
2801 N Gantenbein, Portland, 97227  
Pat Murray 888-302-2229 [murraypamurray@aol.com](mailto:murraypamurray@aol.com)

### **TBI Caregiver Support Meetings**

4th Thursday 7-8:30 PM  
8818 NE Everett St, Portland OR 97220  
Call Karin Keita 503-208-1787  
email: [afripath@gmail.com](mailto:afripath@gmail.com)

### **MUST BE PRE-REGISTERED**

### **THRIVE SUPPORT GROUP**

3rd Saturday 12:30 - 2:30 pm  
Brain Injury Survivor support group ages 15-25  
Emanuel Hospital, MOB West  
Medical Office building West  
Directly across from parking lot 2  
501 N Graham, Portland, 97227  
Amy Werry [ThriveGroupPDX@gmail.com](mailto:ThriveGroupPDX@gmail.com) or 817.602.8387

### **MUST BE PRE-REGISTERED**

### **TBI SOCIAL CLUB**

2nd Tuesday 11:30 am - 3 pm  
Pietro's Pizza, 10300 SE Main St, Milwaukie OR 97222  
Lunch meeting- Cost about \$6.50  
Michael Flick, 503-775-1718

### **MUST BE PRE-REGISTERED**

### **Redmond (1)**

### **Stroke & TBI Support Group**

Coffee Social including free lunch  
2nd & 4th Thursday 10:30-1 pm  
Lavender Thrift Store/Hope Center  
724 SW 14th St, Redmond OR 97756  
Call Darlene 541-390-1594

### **Roseburg**

### **UMPQUA VALLEY DISABILITIES NETWORK on hiatus**

736 SE Jackson St, Roseburg, OR 97470  
(541) 672-6336 [udvn.org](http://udvn.org)

### **Salem (3)**

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

4th Thursday 4pm-6pm  
Salem Rehabilitation Center, Conf Rm 2 A/B  
2561 Center Street, Salem OR 97301  
Megan Snider (503) 561-1974  
[megan.snider@salemhealth.org](mailto:megan.snider@salemhealth.org)

### **SALEM COFFEE & CONVERSATION**

Fridays 11-12:30 pm  
Ike Box Café  
299 Cottage St, Salem OR 97301

### **SALEM STROKE SURVIVORS & CAREGIVERS SUPPORT GROUP**

2nd Friday 1 pm -3pm  
Salem Rehabilitation Center  
2561 Center Street, Salem OR 97301  
Bill Elliott 503-390-8196 [welliott21xyz@mac.com](mailto:welliott21xyz@mac.com)

### **WASHINGTON TBI SUPPORT GROUPS**

#### **Quad Cities TBI Support Group**

Second Saturday of each month, 9 a.m.  
Tri State Memorial Hosp.  
1221 Highland Ave, Clarkston, WA  
Deby Smith (509-758-9661; [biaqcedby@earthlink.net](mailto:biaqcedby@earthlink.net))

#### **Stevens County TBI Support Group**

1st Tuesday of each Month 6-8 pm  
Mt Carmel Hospital, 982 E. Columbia, Colville, WA  
Craig Sicilia 509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org)  
Danny Holmes (509-680-4634)

#### **Moses Lake TBI Support Group**

2nd Wednesday of each month, 7 p.m.  
Samaritan Hospital  
801 E. Wheeler Rd # 404, Moses Lake, WA  
Jenny McCarthy (509-766-1907)

#### **Pullman TBI Support Group**

3rd Tuesday of each month, 7-9p.m.  
Pullman Regional Hospital, 835 SE Bishop Blvd, Conf Rm B, Pullman, WA  
Alice Brown (509-338-4507)

#### **Pullman BI/Disability Advocacy Group**

2nd Thursday of each month, 6:30-8:00p.m.  
Gladish Cultural Center, 115 NW State St., #213 Pullman, WA  
Donna Lowry (509-725-8123)

### **SPOKANE, WA**

#### **Spokane TBI Survivor Support Group**

2nd Wednesday of each month 7 p.m.  
St. Luke's Rehab Institute  
711 S. Cowley, #LL1,  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))  
Michelle White (509-534-9380; [mwhite@mwhite.com](mailto:mwhite@mwhite.com))  
Valerie Wooten (360-387-6428)

#### **Spokane Family & Care Giver BI Support Group**

4th Wednesday of each month, 6 p.m.  
St. Luke's Rehab Institute  
711 S. Cowley, #LL1, Spokane, WA  
Melissa Gray ([melissagray.mhc@live.com](mailto:melissagray.mhc@live.com))  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))  
Michelle White (509-534-9380; [mmwhite@mwhite.com](mailto:mmwhite@mwhite.com))

### **\*TBI Self-Development Workshop**

"reaching my own greatness" \*For Veterans  
2nd & 4th Tues. 11 am- 1 pm  
Spokane Downtown Library  
900 W. Main Ave., Spokane, WA  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

### **Spokane County BI Support Group**

4th Wednesday 6:30 p.m.-8:30 p.m.  
12004 E. Main, Spokane Valley WA  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))  
Toby Brown (509-868-5388)

### **Spokane County Disability/BI Advocacy Group**

511 N. Argonne, Spokane WA  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

### **VANCOUVER, WA**

#### **TBI Support Group**

2nd and 4th Thursday 2pm to 3pm  
Legacy Salmon Creek Hospital, 2211 NE 139th Street  
conference room B 3rd floor Vancouver WA 98686  
Carla-Jo Whitson, MSW, CBIS [jarlaco@yahoo.com](mailto:jarlaco@yahoo.com)  
360-991-4928

### **IDAHO TBI SUPPORT GROUPS**

#### **STARS/Treasure Valley BI Support Group**

4th Thursday 7-9 pm  
Idaho Elks Rehab Hosp, Sawtooth Room (4th Fl), Boise  
Kathy Smith (208-367-8962; [kathsmi@sarmc.org](mailto:kathsmi@sarmc.org))  
Greg Meyer (208-489-4963; [gmeyer@elksrehab.org](mailto:gmeyer@elksrehab.org))

#### **Southeastern Idaho TBI support group**

2nd Wednesday 12:30 p.m.  
LIFE, Inc., 640 Pershing Ste. A, Pocatello, ID  
Tracy Martin (208-232-2747)  
Clay Pierce (208-904-1208 or 208-417-0287; [clayjoanep@cableone.net](mailto:clayjoanep@cableone.net))

#### **Twin Falls TBI Support Group**

3rd Tuesday 6:30-8 p.m.  
St. Lukes' Idaho Elks Rehab Hosp, Twin Falls, ID  
Keran Juker ([keranj@mvrmc.org](mailto:keranj@mvrmc.org); 208-737-2126)

#### **\*Northern Idaho TBI Support Group**

##### **\*For Veterans**

3rd Sat. of each month 1-3 pm  
Kootenai Med. Center, 2003 Lincoln Way Rm KMC 3  
Coeur d'Alene, ID  
Sherry Hendrickson (208-666-3903, [shendrickson@kmc.org](mailto:shendrickson@kmc.org))  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))  
Ron Grigsby (208-659-5459)



The Brain Injury Alliance of Oregon (BIAOR)  
AKA the Brain Injury Association of Oregon  
PO Box 549, Molalla OR 97038

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## Nancy Irey Holmes, Psy.D, CBIS

Psychologist, Certified Brain Injury Specialist

2775 SW 17th Pl

Health Point Bldg, Suite 4

Redmond OR 97756

541-330-4428

4511 SE Cesar E. Chavez Blvd.

Portland OR 97202

503-235-2466

[nancyholmespsyd.com](http://nancyholmespsyd.com)

FAX: 503-200-5550

Traumatic Brain Injury  
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[steve@portlandlawyer.com](mailto:steve@portlandlawyer.com) 503-224-5077 fax: 503-299-6178

## How To Contact Us

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

**Mailing Address:**

PO Box 549

Molalla, OR 97038

Toll free: 800-544-5243

Fax: 503-961-8730

[biaor@biaoregon.org](mailto:biaor@biaoregon.org)

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

**Resource Facilitator—Becki Sparre**

**503-961-5675**

**Branch Offices: Appointments only**

**Brain Injury Help Center- Pat Murray**

1411 SW Morrison #220 Portland, Oregon 97205

[braininjuryhelporg@yahoo.com](mailto:braininjuryhelporg@yahoo.com) 503-752-6065

**Salem Regional Rehab Center**

2561 Center St NE, Salem OR 97401

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

**BIAOR Advocacy Network** [BIAORAdvocacy-](mailto:BIAORAdvocacy-subscribe@yahoogroups.com)

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

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