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

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

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

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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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 and 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. Whenever you use your Rewards card when shopping at Freddy's, you'll be helping BIAOR to earn a donation from Fred Meyer.

The President’s Corner
Craig Nichols, JD

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When looking for a professional, look for someone who knows and understands brain injuries. The following are supporting professional members of BIAOR.

### Attorneys

**Oregon**
- Tom D’Amore, D’Amore & Associates, Portland 503-222-6333
- Bill Gaylord, Gaylord Eyerman Bradley, PC, Portland 503-222-3526

**Astoria**
- Joe DiBartolomeo, DiBartolomeo Law Office, PC, Astoria 503-325-8600

**Bend**
- Dwyer Williams Potter Attorney’s LLC, Bend 541-617-0555 [www.RoyDwyer.com](http://www.RoyDwyer.com)
- Warren John West, JD, Bend 541-241-6931 or 800-353-7350.

**Eugene**
- Derek Johnson, Johnson, Clifton, Larson & Schaller, Eugene 541-484-2434
- Don Corson, Corson & Johnson Law Firm, Eugene 541-484-2525
- Charles Duncan, Eugene 800-347-4269
- Tina Stupasky, Jensen, Elmore & Stupasky, PC, Portland 503-225-0440

**Portland**
- Craig Allen Nichols, Nichols & Associates, Portland 503-224-3018
  - William Berkshire, Portland 503-233-6507 PI
  - Jeffrey Bowersox, Portland 503-226-6361
  - Kevin Coluccio, Coluccio Law, Seattle, WA 503-224-3018

**Care Facilities/TBI Housing**
- Hodgkiss, Hodgkiss & Rose, Portland 503-224-4106
- Tom Tomich, Tomich & Ponzi, Portland 503-226-4106
- Maria Emy Dulva, Portland 503-788-3266 Apt
- Joana Olaru, Alpine House, Beaverton 503-646-9068
- Quality Living Inc (QLI), Kristin Custer, Nebraska 402-573-3777
- Ridgeview Assisted Living Facility, Dan Gregory, Medford 541-779-2208
- WestWind Enhanced Care, Leah Lichens, Medford, 541-857-0700
- Melissa Taber, Oregon DHS, 503-947-5169
- Polly Smith, Polly’s County AFH, Vancouver, 360-601-3439 Day Program and home
- Ulhorn Program, Eugene 541-345-4244
- § Mentor Network, Yvette Doan, Portland 503-290-7029

**Chiropractic**
- Gretchchen Bllys, DC, Portland 503-222-0551
- Stefan Herold, DC, DACNB, Tiferet Chiropractic Neurology, Portland 503-445-7767
- Eric Hubbs, DC, Total Mind & Body Health, Beaverton 503-591-5022
- Russell Kort, DC, Kort Chiropractic & Rehab, Sherwood 503-625-5678
- Michael T. Loguidice, DC, Linn City Chiropractic, West Linn 503-908-0122
- Garreth MacDonald, DC, Eugene 541-343-4343
- D.Stephen Maglente, DMX Vancouver, Vancouver 360-798-4175
- Bradley Pfeiffer, Bend 541-383-4585

**Cognitive Rehabilitation Centers/ Rehab Therapists/Specialists**
- Marydee Sklar, Executive Functioning Success, Portland 503-473-7762
- Progressive Rehabilitation Associates—BIRC, Portland 503-292-0765
- Quality Living Inc (QLI), Kristin Custer, Nebraska 402-573-3777 (BI & SCI)
- Neurologic Rehabilitation Institute at Brookhaven Hospital, Tulsa, Oklahoma 888.298.HOPE (4673)
- Marie Eckert, RN/CRRN, Legacy HealthCare, Rehabilitation Institute of Oregon (RIO) Admissions, Portland 503-413-7301
- Rehab Without Walls, Mountlake Terrace, WA 425-672-9219
- Julie Allen 503-250-0685

**Counseling**
- Heidi Dirkse-Graw, Dirkse Counseling & Consulting, Inc. Beaverton, OR 503-672-9858
- Sharon Evers, Face in the Mirror Counseling, Art Therapy, Lake Oswego 503-201-0337
- Donald W. Ford, MA, LMFT, LPC, Portland 503-292-0765
- Jennifer Ryan, M.S., CRC, Oregon City 503-348-6177
- Elizabeth VanWormer, LCSW, Portland, 503-297-3803

**Dentists**
- Dr. Nicklis C. Simpson, Adult Dental Care LLC, Dentists 541-857-0700 Medically Fragile

**Educators/Therapy Programs**
- Gianna Ark, Linn Benton Lincoln Education Service District, Albany 541-812-2746

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To become a supporting professional member of BIAOR please visit page 23 or contact BIAOR, biaor@bioregion.org.

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Looking for an Expert? See our Professional Members here

Andrea Batchelor, Linn Benton Lincoln Education Service District, Albany, 541-812-2715
Heidi Island, Psychology, Pacific University, Forest Grove, 503-352-1538

McKay Moore-Sohlbberg, University of Oregon, Eugene 541-346-2586
Jon Pede, Hillsboro School District, Hillsboro, 503-844-1500

Expert Testimony
Janet Mott, PhD, CRC, CCM, CLCP, Life Care Planner, Loss of Earning Capacity Evaluator, 425-778-3707

Functional Neurologist
Glenn Zielinski, DC, DACNB, FACFN, Northwest Functional Neurology, Lake Oswego, 503-850-4526

Life Care Planners/Case Manager/Social Workers
Rebecca Bellerive, Rebecca Bellerive, RN, Inc, Gig Harbor WA 253-649-0314
Vince Morrison, MSW, PC, Astoria, 503-325-8438
Michelle Nielsen, Medical Vocational Planning, LLC, West Linn, 503-650-9327
Dana Penlington, Dana Penlington Consulting Inc, Portland 503-246-6232 danapen@comcast.net www.danapenlington.com/
Thomas Weiford, Welford Case Management & Consultation, Voc Rehab Planning, Portland 503-245-5494

Legal Assistance/Advocacy/Non-Profit
Deborah Crawley, ED, Brain Injury Association of Washington 253-238-6085 or 877-624-1766
Disability Rights Oregon, Portland, 503-243-2081
Eastern Oregon Center for Independent Living (EOCIL), Ontario 1-866-248-8369; Pendleton 1-877-771-1037; The Dalles 1-855-516-6273

Independent Living Resources (ILR), Portland, 503-232-7411
Jackson County Mental Health, Heather Thompson, Medford, (541) 774-2809
Oregon Chiropractic Association, Jan Ferrante, Executive Director, 503-256-1601
Kayt Zundel, MA, ThinkFirst Oregon, (503) 494-5286

Legislators
Vic Gilliam, Representative, 503-986-1418

Long Term TBI Rehab/Day Program’s/Support Programs
Carol Altman, Bridges to Independence Day Program, Portland/Hillsboro, 503-640-0818
Roger Burt, OVRS, Portland Arturo De La Cruz, OVRS, Beaverton, 503-277-2500


SAIF, Salem, 503-373-8000

National Guard, 208-272-4408
Belle Landau, Returning Veterans Project, Portland, 503-954-2259

Vocational Rehabilitation/Rehabilitation/ Employment / Workers Comp
D’Autremont, Bostwick & Krier, Portland, 503-224-3550
Roger Burt, OVRS, Portland

Rudy Cruz, OVRS, Beaverton, 503-277-2500

SAIF, Salem, 503-373-8000
Katie Ross, OVRS, Salem, 503-378-3607

Professional
Rondo Snea, R&D Food Services, Inc. Sisters/Tucson, 520-289-5725

Names in bold are BIAOR Board members
Corporate $ Gold £ Non-Profit € Silver ± Bronze
Sustaining ∆ Platinum

2015-16 BIAOR Calendar of Events
For updated information, please go to www.biaoregon.org
Call the office with any questions or requests 800-544-5243 or 503-961-5675

December 11 Holiday Pizza Party—John’s Incredible Pizza (Page 9-10)
December 19 Holiday Play & Fundraiser—Lakewood Theatre (Page 8)
January 27 The Sneak Peek Charity Preview Party is the official kick-off of the Portland International Auto Show (Page 16)
### 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)

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### Shop at AmazonSmile

and Amazon will make a donation to BIAOR

Simply go to smile.amazon.com, search for and select Brain Injury Association of Oregon as your charity of choice, and continue with your order as usual. The Amazon Foundation will donate .5% of the purchase price to BIAOR!

There is no additional cost to you! Use Smile.Amazon.com every time you shop!
The Americans with Disabilities Act (ADA) prohibits a prospective employer from asking about the job 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 nosy 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 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, starting 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 began 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.
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 where you can see it’s broken. 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 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/
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
Lakewood Theatre, Lake Oswego
December 19, 2015, 2 pm—6 pm

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

$50 per person

Register online: www.biaoregon.org/fundraiser.htm
Or Send Registration into BIAOR
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: _____________

Please mail to:
BIAOR
PO Box 549
Molalla OR 97038
800-544-5243 Fax: 503-961-8730
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

OR

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

OR

Mail to: BIAOR, PO Box 549, Molalla OR 97038
        800-544-5243
Here’s my reservation!

Happy Holidays
Brain Injury Alliance of Oregon
Friday, December 11, 2015

Name: ____________________________________________________________

Address: _______________________________________________________________________________________

City: ___________________________ State: ___________ Zip: _______________________

E-Mail Address: __________________________ Phone: __________________________

Please Reserve the following:

_____ Table Sponsor • $200.00 ______ Please contact me about other sponsorship opportunities.

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)

• I NEED ______ Dinner TICKETS (one ticket per paid attendee $15.00 per person).

_____ Please seat me at a no-host table • $15.00 per person

If you have several friends that you would like to sit with, we encourage you to submit one check or multiple checks in one envelope. Tables accommodate 10 people.

I am unable to attend. Please accept my donation for: $ __________________________

Sign up early—tickets limited to the first 150

Payment Options: Check Enclosed payable to BIAOR (Brain Injury Alliance of Oregon)

Charge my Credit card: Account # __________________________ Exp. Date: ______ Sec. Code: ______

Signature _______________________________________________________________________________________

Zip Code—if different than above _________________________________________________________________

Please print guests’ names clearly below:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

For further information please contact: Sherry Stock
biaor@biaoregon.org

Brain Injury Alliance of Oregon
PO Box 549
Molalla OR 97038

800-544-5243
Fax: 503-961-8730
Tax ID #93-0900-797

John’s Incredible Pizza 9180 SW Hall Blvd, Beaverton, 6 pm – 8 pm
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.
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 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.”
“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
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
3) How to Help Someone With Brain Injury (website from the Mayo Clinic).

Source: http://navymedicine.navylive.dodlive.mil/archives/4457
To learn more about our Northern California program or our new Neurobehavioral Program in Colorado, call 888-419-9955 or visit learningservices.com.

Building Futures

Learning Services Neurobehavioral Institute - West

Collaboration, Cooperation, Compassion....

At Learning Services, these words mean something. For over twenty years, we have been providing specialized services for adults with acquired brain injuries. We have built our reputation by working closely with residents and families to support them with the challenges from brain injury. Our nationwide network of residential rehabilitation, supported living and neurobehavioral rehabilitation programs provide the services that help our residents enjoy a quality of life now and in the future.

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
The Headliner, reaching 16,000 quarterly

Referrals to Research Projects
We can’t do this alone, please send in your membership dues today or donations.

See page 23 for a membership form
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!

One attendee ticket will win a new $40,000 Lexus! Don’t miss this!

You will experience a “VIP Sneak Peek” of 500 of the best production, exotic and concept vehicles and technologies 2016 has to offer…..all before the general public! See the latest cars, trucks and motorcycles. Drive simulators and experience what it is like to drive the car of your dreams.

Excellent Christmas Gift for the car lovers in every family and company!

This is also a perfect evening for a company/corporate function. It offers your employees and guests an extraordinary night out and they will be supporting BIAOR.

The 2015 Sneak Peek Charity Preview Party was a huge success and besides having a great time with friends, the evening is a benefit for six local charities, and in 2015 raised nearly $500,000 for local charities! This year BIAOR is a part and we are on the road to reach even greater goals in 2016!

Sign Up Today: Your ticket price of $100 is tax deductible! For every two tickets, get one parking pass! No additional costs: food, cocktails & fine wines. Great music. VIP Entry Before the Crowds. Cocktail Attire. Celebrity appearances and stunt riders.

Don’t miss out on Portland’s Most Anticipated Event of the Year – January 27th, 2016, from 6:30pm-9:30pm Join us - www.portlandautoshow.com/biaor/

Any Questions Contact: Sherry Stock, Executive Director, Brain Injury Alliance of Oregon
800-544-5243 sherry@biaoregon.org http://www.biaoregon.org
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, 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
**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**

(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)

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**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

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**Agenda**

**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

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**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)

Make Checks out to BIAOR—Mail to: BIAOR, PO Box 549, Molalla OR 97038

or fax: 503.961.8730  Phone: 800-544-5243  www.biaoregon.org/annualconference.htm  biaor@biaoregon.org

**No refunds will be issued for cancellations; however, registrations are transferable**
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 stoke 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.

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.


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 RSCHEEEARCH AT CMABRIGDE UINERTISY , IT DSEN0'T MTAEWR WAHT OERDR THE LTTERES IN A WROD ARE, THE OLNY IPROAMNTNT TIHNG IS TAHT THE FRSTT 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. OLNY 55% OF PLEPOE CAN!!
At Windsor Place, we believe in promoting the self-confidence and self-reliance of all of our residents.
## Oregon Centers for Independent Living

### Contact List

<table>
<thead>
<tr>
<th>CIL</th>
<th>LOCATION</th>
<th>COUNTIES SERVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABILITREE  IL Director: Greg Sublette</td>
<td>2680 NE Twin Knolls Dr, Bend, OR 97702  1-541-388-8103</td>
<td>Crook, Deschutes, Jefferson</td>
</tr>
<tr>
<td>EOCIL (Eastern Oregon Center for Independent Living) Director: Kirt Toombs</td>
<td>322 SW 3rd Suite 6, Pendleton, OR 97801  (541) 276-1037  1-877-711-1037</td>
<td>Gilliam, Morrow, Umatilla, Union, Wheeler</td>
</tr>
<tr>
<td>HASL (Independent Abilities Center) Director: Randy Samuelson</td>
<td>400 E Scenic Dr., Ste 2349, The Dalles, OR 97058  541-370-2810  1-855-516-6273</td>
<td>Columbia, Hood River, Sherman, Wasco</td>
</tr>
<tr>
<td>LILA (Lane Independent Living Alliance) Director: Sheila Thomas</td>
<td>1021 SW 5th Avenue, Ontario, OR 97914  (541) 899-3119 or 1-866-248-8369</td>
<td>Baker, Grant, Harney, Malheur, Wallowa</td>
</tr>
<tr>
<td>ILR (Independent Living Resources) Director: Barry Fox-Quamme</td>
<td>305 NE “E” St, Grants Pass, OR 97526  (541) 479-4275</td>
<td>Josephine, Jackson, Curry, Coos, Douglas</td>
</tr>
<tr>
<td>SPOKES LIMITED Director: Curtis Raines</td>
<td>20 E 13th Ave, Eugene, OR 97401  (541) 607-7020</td>
<td>Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln</td>
</tr>
<tr>
<td>UVDN (Umpqua Valley disAbilities Network) Director: David Fricke</td>
<td>1839 NE Couch Street, Portland, OR 97232  (503) 232-7411</td>
<td>Clackamas, Multnomah, Washington</td>
</tr>
<tr>
<td></td>
<td>1006 Main Street, Klamath Falls, OR 97601  (541) 883-7547</td>
<td>Klamath</td>
</tr>
<tr>
<td></td>
<td>736 SE Jackson Street, Roseburg, OR 97470  (541-672-6336</td>
<td>Douglas</td>
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### Summer/Fall Sudoku

(Answer from page 5)

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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
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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

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

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

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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
For more information about Oregon’s TBI www.cbirt.org/oregon-tbi-team/
Melissa McCart 541-346-0597 tbiteam@wou.edu or mccart@uoregon.edu www.cbirt.org

LEARN
Provides educators and families with invaluable information designed to improve the educational outcomes for Individuals with brain injury. www.projectlearnet.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 http://factoregon.org/?page_id=52

Websites
Mayo Clinic 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

FREE Brain Games to Sharpen Your Memory and Mind
www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82
http://brainist.com/
Sam's Brainy Adventure http://faculty.washington.edu/chudler/flash/comic.html
Neurobic Exercise www.neurobics.com/exercise.html
Brain Training Games from the Brain Center of America 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 email: 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 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
Vancouver: Carla-Jo Whitson, MSW CBIS 360-991-4928 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

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.

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

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 that meets your needs.

Cristina Cooke, a naturopathic physician, will offer a sliding-scale.

The clinic is located at:
The Southeast Community Church of the Nazarene
5535 S.E. Rhone, Portland.
For more information of to make an appointment, please call:
Dr. Cooke, 503-984-5652

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


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

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.

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

Oregon Prescription Drug Program Coalition of Community Health Clinics 503-546-4991 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 Helps the uninsured and underinsured obtain drug discounts.

People Helping People

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

Valuable Websites

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.oregon.gov/odva: Oregon Department of Veterans Affairs

www.oregonmilitarysupportnetwork.org - resource for current and former members of the uniformed military of the United States of America and their families.

www.phpnw.org

http://activecoach.orcasinc.com Free concussion training for coaches ACTive: Athletic Concussion Training™using Interactive Video Education

www.braininjuryhelp.org Peer mentoring help for the TBI survivor in the Portland Metro/ Southern Washington area. 503-224-9069

www.phpnw.org If you, or someone you know needs help contact: People Helping People Sharon Bares 503-875-6918

www.oregonpva.org - If you are a disabled veteran who needs help, peer mentors and resources are available

http://apps.usa.gov/national-resource-directory/National Resource Directory 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 we are a survivor who is significant in the life of a survivor.

The number to call is 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.

Brain Injury Support Groups

Coos Bay (1)
Traumatic Brain Injury (TBI) Support Group
2nd Saturday 3:00pm – 5:00pm
Kaffee 101, 171 South Broadway
Coos Bay, OR 97420 tbiicsupport@gmail.com

Growing Through It - Healing Art Workshop
Contact: Bittin Duggan, B.F.A., M.A.,
541-217-4095 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

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

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

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

Lake Oswego
Family Caregiver Discussion Group
1st and 3rd Saturday 1:00 pm-2:00 pm
Lake Oswego Adult Community Center
505 G Avenue, Lake Oswego, OR 97034
Ruth C. Cohen, MSW, LCSW, 503-701-2184
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
Lori Cushman 541-621-9874
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

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
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 503-969-1680
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

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 stephenwright@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
Eckerd Library, 4805 NE Glisan St, Portland, Rm HCC 6
503-454-6619 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
Support Groups provide face-to-face interaction among people whose lives have been affected by brain injury, including Peer Support and Peer Mentoring.

FARADAY CLUB
1st Saturday 1:00-2:30 pm
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

OHSA Sports Concussion Support Group
For Youth and Their Families who have been affected by a head injury
2nd Tuesday, 7:00-8:30 pm
OHSA 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

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

TBI Caregiver Support Meetings
4th Thursday 7-9 PM
8818 NE Everett St, Portland OR 97220
Call Karin Keita 503-208-1787
email: 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 Werny 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
UMPOQUA VALLEY DISABILITIES NETWORK
on hiatus
736 SE Jackson St, Roseburg, OR 97470
(541) 672-6336 udnv@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

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 wellott21xyz@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; biapecdby@earthlink.net)

Steven's County TBI Support Group
1st Tuesday of each month 6-8 pm
Mt Carmel Hospital, 962 E. Columbia, Colville, WA
Craig Sicilia 509-218-7982; 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.
Gladiash Cultural Center, 115 NW State St., #213
Pullman, WA
Donna Lowry (509-725-8123)

*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)
Craig Sicilia (509-218-7982; craig@tbiwa.org)
Ron Grigsby (208-659-5459)

SPokane, WA
Spokane TBI Survivor Support Group
2nd Wednesday of each month 7 p.m.
St.Luke’s Rehab Institute
711 S. Cowley, #L1, Spokane, WA
Craig Sicilia (509-218-7982; craig@tbiwa.org)
Michelle White (509-534-9380; mwhite@mwhite.com)
Valerie Werry (509-390-8196 wellott21xyz@mac.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)

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)
Toby Brown (509-866-5388)

Spokane County Disability/BI Advocacy Group
511 N. Argonne, Spokane WA
Craig Sicilia (509-218-7982; 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 Whittier, MSW, CBIS 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; kathsmitt@sarmc.org)
Greg Meyer (208-489-4963; gmeyer@elksrehab.org)

Southeastern Idaho TBI support group
2nd Wednesday 12:30 p.m.
LIFE, Inc., 640 Pershing Ste. A, Pocatello, ID
Tracy Martin (208-232-2274)
Clay Pierce (208-904-1208 or 208-417-0287; claypianne@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; 208-737-2126)

*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)
Craig Sicilia (509-218-7982; craig@tbiwa.org)
Ron Grigsby (208-659-5459)
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
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 503-752-6065

Salem Regional Rehab Center
2561 Center St NE, Salem OR 97401

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subscribe@yahooogroups.com

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