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### A New Website for BIAOR

Here is my story and my wish!

I have had two head injuries. In the beginning of 2010, I was a very busy and always on-the-go Mom as well as print graphic designer. All that came to an immediate stop in April of 2010. My first injury was from playing tag my boys – I slipped and fell on my basement floor and hit the left side of my head and body on the concrete floor. Within three weeks of my accident, I was reduced to sleeping 18 hours day. I was extremely fatigued. I could not go up and down steps or go grocery shopping; hallways or aisles made me dizzy. Also I had visual ghost images from the last thing I looked at. Somehow, I still had to take care of my then five and a half-year old son who attended preschool for only 2 1/2 hours. I could no longer go back to water aerobics because getting my head wet causes severe ear problems for 3-4 days. Any fast movements incapacitated me whether I was moving or watching movement, I would get dizzy and fatigue easy. At first, I could not watch my children play, watch TV, drive or work after the accident. After a time things began to improve.

My second injury was simply by hitting my head on a metal bar under my son's loft bed in Jan. of 2012. You wouldn't think that it would have been an issue but all my symptoms came back along with more. I was at ground zero again!

After the first injury, I went to the doctor. They said it was a "mild concussion" and sent me home to rest. After cycling through different types of doctors the result was that I had a "vestibular concussion" and was directed to try Physical Therapy. It helped some but there were many issues not covered. Three years later, I was still struggling with Headaches, Over Sensory Stimulation, Problems Getting Organized, Getting Overloaded, Fatigue, Anger and Depression. I found The Brain Injury Alliance of Oregon. They gave me this book link that is below!

How amazing it took me years to find out information that every doctor should be handing out!!! This book has helped me understand what to expect TRAUMATIC BRAIN INJURY SURVIVAL GUIDE. You can find it online at: www.tbiguide.com. No one says a concussion can include or be a Traumatic
I want to thank everyone to joined us for our 17th Annual Pacific Northwest Conference March 7-9, at the Sheraton Portland Airport Hotel. It was an excellent conference with exceptional presenters including Dr. Glen Zielinski as the opening Keynote. Also presenting were Dr. James Davis, Judge Lauren Holland, JD, Dr. Aaron DeShaw, Esq., Kimberly Baker, MPA, Shauna Hahn, PMHNP, Dan Overton, MC, LMHC, MHP, CBIS, Ben Richards and Jeff Hampsten, Dana Penilton RN, BSN, CLCP, CCM, Yeong-Keun "YK" Jeong, M.A., CBIS, Nirmala Dhar, LCSW, Director-Oregon Behavioral Health, Russell C. Spearman, M. Ed., Deborah Crawley, Edward J. Anglés, JD, Arthur D. Leritz, JD, Jacob Plasker, D.C., DACNB, Ashkan Jahromi & Graham Talley, Krysti Slonaker, NTP, Ashley Carson Cottingham - Director for DHS Aging and People with Disabilities, Cameron Smith - Director at Oregon Department of Consumer and Business Services, Fred Steele, JD, Ombudsman Long Term Care Ombudsman, River City Riders Jeri Cohen J.D., Jim Martin, JD, William T. Powers, Shauna Hahn, PMHNP, Andrew Mendenhall, MD, and Matt Senn MT-BC/NMT.

Please join us for thanking these outstanding presenters. Who made this conference an phenomenal event.

Sherry Stock, ABD/PhD, MS, CBIST
BIAOR Executive Director

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**Headliner DEADLINES**

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Editor: Sherry Stock

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**Conference Co-Hosts & Sponsors**

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**Spring 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 23)
When looking for a professional, look for someone who knows and understands brain injuries. The following are supporting professional members of BIAOR.

Names in Bold are BIAOR Board members

**Need Help Finding and Attorney**
Paul Braude, Find Injury Law, 888-888-6470
p@findinjurylaw.com www.findinjurylaw.com

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Tim Titolo, Titolo Brain Injury Law, Las Vegas 702-869-5100 tim@titololaw.com

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† Tom D’Amore, D’Amore & Associates, Portland 503-222-6333 www.damorelaw.com
† Dr. Aaron DeShaw, Portland 503-227-1233 www.deshlaw.com
† Bill Gaylord, Gaylord Eyerman Bradley,PC, Portland 503-222-3526 www.gaylordeyerman.com

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John Uffelman, Beaverton, OR (503) 644-2146 PI, Med Mal, Catastrophic Injury, Auto Accidents, Criminal Defense, Civil and Commercial Litigation, Insurance Disputes

**Bend**
† Dwyer Williams Potter Attorney’s LLC, Bend, 541-617-0555 www.RoyDwyer.com
Warren John West, JD, Bend, 541-241-6931 or 800-375-7303

**Eugene**
† Derek Johnson, Johnson, Clifton, Larson & Schaller, P.C., 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, Eugene, 541-342-1141

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Jeffrey Bowersox, Lake Oswego, 503-452-8585 PI
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Gatti Law Firm, Jennifer Junking, Salem 503-363-3443

**Roseburg**
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**Seattle**
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Kevin Coluccio, Coluccio Law, Seattle, WA 206-826-8200 www.coluccio-law.com

**Care Facilities/TBI Housing/Day Programs (subacute, community based, inpatient, outpatient, nursing care, supervised-living, behavior, coma management, driver evaluation, hearing impairment, visual impairment, counseling, pediatric)**
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Advocate Care, LLC, Leah Lichens, Medford, 541-857-0700 RCF 18-65

**Carol Altman, Homeward Bound, Hillsboro 503-640-0818**
Eric Asa, The Positive Difference ACH, LLC, Gresham, 503-674-5149
Hazel Barnhart, Psalm 91 Care Home, Beaverton, 9711-227-4773 or 503-747-0146 TBI 35 and over
Temesgen Betiso, Forest Grove and Tigard 503-747-2135 or 503-992-8769
Fataumata (Tata) Blakely, Heart of Living Home Care, Salem OR 503-454-8173 (c) 971-701-6979
Pamela Cartwright, Cedars Adult Foster Care, Astoria, 503-325-4431
€ Casa Colina Centers for Rehabilitation, Pomona, CA, 800-926-5462
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Donna Walsh, Delta Foundation/Snohomish Chalet, Snohomish, WA 360-568-2168

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Temesgen Helsabo, Temesgen AFH, Clackamas, 571-502-3367 503-908-0138
Maria Emy Duva, Portland 503-781-1170
John Grimm, Skyline Country Living, AFH Philomath 541-929-7681
Hermina D Hunter, Trinity Blessed Homecare, Milwaukee, 503-653-5814, Dem/Aiz 70 and over
IS Living Integrated Supports for Living, Chrislyn Prantl, Salem, 503-586-2300
Kampfe Management Services, Portland, 503-788-3266 Apt
Terri Korbe, LPN, High Rocks Specialty Care, Clackamas 503-723-5043
Learning Services, Northern CA & CO, 888-419-9955
† Mentor Network, Yvette Doan, Portland 503-290-1974
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Premila Prasad, Portland 503-245-1605 Quality Living Inc (QLI), Kristin Custer, Nebraska, 402-573-3777
† Sapphire at Ridgeview Assisted Living Facility, Medford, 541-779-2208
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Ulhorn Program, Eugene, 541 345-4244 Supported Apt
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APD - TBI general issue APD_TBI@dhsoha.state.or.us

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Thomas Kelly, DC, Kelly Chiropractic, Vancouver WA 360-882-0767
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Garreth MacDonald, DC, Eugene, 541-343-4343 D.Stephen Maglente, DMX Vancouver, Vancouver WA 360-796-4175
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To become a professional member of BIAOR see page 22 or contact BIAOR, biaor@biaoregion.org.
Cognitive Rehabilitation Centers/ Rehab Therapists/Specialists
Brainstorm Rehabilitation, LLC, Bethany Davis, Ellenburg, WA 509-833-1983
Community Rehab Services of Oregon, Inc., Eugene, 541-342-1980 Jan Johnson
The Hello Foundation and Clinic, Sharon Soliday, SLP/OT, Portland, 503-517-8555
www.thehellofoundation.com
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)
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Elizabeth VanWormer, LCSW, Portland, 503-297-3803
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Andrea Batchelor, Linn Benton Lincoln Education Service District, Albany, 541-812-2715
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McKay Moore-Schibb, University of Oregon, Eugene 541-346-2586

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Mehul Parekh, DC, DACNB, Shakti Functional Neurology and Fitness Systems, 503-206-0300
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Kelly Prill, ND, DACNB, Elemental Wellness, Portland 970-270-0220

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

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Aumkara Newhouse, Aumkara Structural Bodywork Beaverton 972-524-7470

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Thomas Walford, Walford 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 877-824-1766
Disability Rights Oregon, Portland, 503-243-2081
Eastern Oregon Center for Independent Living (EOCIL), Oregon 1-866-248-8389, 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) 774-8209
Oregon Chiropractic Association, Jan Ferrante, Executive Director, Portland, 503-256-1601 http://ilcanow.com
Kayt Zundel, MA, ThinkFirst Oregon, (503) 494-7801

Long Term TBI Rehab/Day Programs/Support Programs
Carol Altman, Bridges to Independence Day Program, Portland/Hillsboro, 503-640-0818
Cognitive Enhancement Center, Inc. Brad Loftis Portland 503-760-0425 (OHP)(Day Program)
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Jerald Block, MD, Psychiatrist, 503-241-4882
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Danielle L. Ert, M.D., Brain Rehabilitation Medicine, LLC, Portland 503 296-0918
M. Sean Green, MD, Neurology, Lake Oswego 503-635-1604
Dr. Patrick Gregg, Ophthalmology, Candy 503-305-4876, Lake Oswego 503-636-9608
Gene Hong, MD, Acupuncturist, Portland & Clackamas 503-657-3329 gene.hong33@gmail.com
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Oregon Rehabilitation Medicine, P.C., Portland, Providence 503-215-8699
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David Wilkin, MD, Internal Medicine, Sacred Heart Hospital, Eugene, 541-222-6389

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Nancy Holmes, PsyD, CBIS, Portland 503-235-2466
Sharon M Labs PhD, Portland 503-224-3393
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Kathy Thomas, PhD ABPdN, Providence/St Joseph Health, Portland, 503-722-3705
Susan Rosenzweig, PsyD, Center for Psychology & Health, Portland, 503-206-8337

Recreational/Social Activities
Best Taekwondo Academy, Master Yeong-keun Jeong, Gresham 503-492-5522

(Continued on page 5)
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
85 Support Groups, Peer Mentoring and Support, Donations, Emergency Support
Awareness and Prevention
65 Awareness and Prevention Events
Education
3 day Annual Multi-State Conference
370 Trainings/Conferences/Education/Classes
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 22 for a membership form

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The Headliner
Spring 2019
Brain Injury!!!! It has been a long road. Choosing my health over my insurance coverage was a big step. I have seen many professionals over the years in order to recover. I have now made almost a full recovery, thanks to the help I received and much determination.

Now it is 2019, I wanted to give back. Sherry Stock said the most help would be to redo the website. I said I have only done print design and my specialty is compositing images in photoshop. She insisted. So with much persistence, and a general design from BIAID.org, I set off to move the amazing amount of information Sherry has compiled over the years to a new website. I used my design experience to make this website attractive and easy to use. I hope it helps you connect with those who have brain injuries. My wish now is that: Everyone with a brain injury can get the help they need in a timely manner. Connecting us together we can heal and get back our lives!!

Thank you!
Debbie Johansson
debbiejohansson.com
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.

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Neuro Fatigue

Neuro fatigue is one of the most debilitating consequences of a brain injury. It influences everything the injured person does, both physically and mentally. A person’s emotions can also become raw when they are tired.

Washington, Idaho, Alaska and Oregon once again united to provide 3 days of training. The Planning Committee assembled an excellent program featuring keynote presentations, concurrent sessions, and networking opportunities to promote partnerships and new relationships among professionals, non-professionals, survivors and family members in the brain injury community. Our program focused on positive outcomes for those living with brain injury and neurological changes. I want to thank all of our outstanding speakers for donating their time and sharing their knowledge with us, including:

**Friday Morning Keynote**

Glen Zielinski, DC, DACNB, FACFN, CBIS. Dr. Glen Zielinski is a chiropractic neurologist and Fellow of the American College of Functional Neurology.

**Friday Luncheon Presenter**

Nirmala Dhar, LCSW, Director, Older Adult Behavioral Health Project How Oregon’s Behavioral Health Project can assist individuals with brain injury statewide; what behavioral health is and how it can help serve those living with brain injury.

**Saturday Morning Keynote**

Dr. Jim Davis is a psychologist, gerontologist, educator and advocate.

**Saturday Luncheon Presenters**

Matthew Senn, MT, NMT CEO is the CEO and founder of NeuroNotes Music Therapy Services.

Speakers

Steven J. Anglés, JD, with ADLER ♦ GIERSCH PS,

**KIM BAKER, MPA, RYT-200** As the Director of Implementation for the LoveYourBrain Yoga program, [http://www.loveyourbrain.com/yoga](http://www.loveyourbrain.com/yoga)

Kendra Bratherton, COTA/L, Reiki II Practitioner, PNW Head Injury Support Group Leader, Board of Director/Secretary for Brain Injury Alliance of Oregon, Vice President/Owner at Seaside Brewery

Ashley Carson Cottingham, Oregon Aging and People with Disabilities Director

Jeri-anne Cohen J.D. Board of Directors or staff to the Brain Injury Alliance of Oregon Board since 2005 and is its present co-chair.

Deborah Pitcock Crawley, CBIS, Executive Director at Brain Injury Alliance of Washington.

Aaron DeShaw, JD DC, is a trial lawyer from Portland, Oregon. He has obtained settlements and verdicts for his clients in excess of $350 million, handling serious personal injury cases including brain injury cases, catastrophic injuries, and wrongful death claims. [deshaw@doctorlawyer.net](mailto:deshaw@doctorlawyer.net).

Shauna Hahn, PMHNP. is a Psychiatric Mental Health Nurse Practitioner in Portland, Oregon.

Dr. Elise Hewitt Board Certified Pediatric Chiropractor Immediate Past President, ACA Pediatrics Council, is an internationally recognized speaker, author and leader in the specialized field of chiropractic pediatrics,

Lauren S. Holland is a judge on the Lane County Circuit Court in Oregon. The court has jurisdiction over Lane County and is located within the 2nd Judicial District. She joined the court in 1998.

Ashkahn Jahromi and Graham Talley run a float center in Portland, Oregon called Float On. In addition to that, they work extensively within the 2nd Judicial District. She joined the court in 1998.

Dr. Macson Lee, COVD earned his doctorate in 2005 at the State University of New York and received the 2005 COVD Vision Therapy award. [drmax@doctorbruce.net](mailto:drmax@doctorbruce.net)

Arthur D. Leritz, JD, with ADLER ♦ GIERSCH PS.

Jim Martin, JD, brain injury survivor.

Jeffrey McNally, DC, DACNB, working with Dr. Zielinski and the Northwest Functional Neurology team.

Andrew Mendenhall, MD, is senior medical director for Substance Use Disorder Services Central City Concern (CCC).

Dan Overton, MC, LMHC, MHP, as the Traumatic Brain Injury Specialist for the Washington Dept. of Veterans Affairs.

Dana Penilton RN, BSN, CCM, CLCP, danapenilton.com

Jacob Plasker, D.C., DACNB

William T. Powers, father of son with a brain injury.

Krysti Slonaker is in the business of returning life to those who feel they’ve lost it by using nutrition and exercise to bust through the adage that aging requires one to get “old”.

Cameron Smith, was appointed by Governor Brown as the director of the Department of Consumer and Business Services (DCBS), Oregon’s largest business regulatory and consumer protection agency.

Russell C. Spearman M.Ed. is the Project Director for Idaho’s Traumatic Brain Injury Partnership Implementation grant from the Health Resources Services Administration, Maternal and Children’s Health Bureau.

Fred Steele, JD, was appointed by Governor Kate Brown in September 2015 to be Oregon’s Long-Term Care Ombudsman and Agency Director of the Office of the Long-Term Care Ombudsman.

Sherry Stock, ABD/PhD, CBIST, is the Executive Director of the Brain Injury Alliance of Oregon.

Timothy Titolo, JD, has dedicated himself to the study of medical and legal aspects of litigating traumatic brain injury (TBI) cases. Titolo Law Office

Yeong-Keun "YK" Jeong, M.A., CBIS, is a Taekwondo Master, a CBIS, and a Clinical Mental Health Counselor specializing in neuro-behavioral change, cognitive rehabilitation and brain fitness. He owns and directs Beyond Martial Arts and Therapy Center (beyondMAT.com)

We also wish to thank our sponsors and exhibitors for making this conference possible. Please see them on pages 10 through 13.
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<td>7:00-8:00</td>
<td>Mt Adams - Registration and Check-in</td>
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<tr>
<td>8:00-5</td>
<td>Brain Injury Fundamentals Certificate Training and Exam</td>
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<tr>
<td>7:00-8:00</td>
<td>Registration and Check-in - Continental Breakfast</td>
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<tr>
<td>7:45-8</td>
<td>Welcome to BIA Conference 2019</td>
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<tr>
<td>8:00-9:15</td>
<td>Opening Keynote Speaker: Glen Zielinski, DC, DACNB, FACFN - Functional Neurology Treatment of Traumatic Brain Injuries</td>
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| 9:30-10:30 | Track 1 - Understanding TBIs for Winning a TBI Case - Dr. Aaron DeShaw, Esq.  
Track 2 - Yoga and Meditation - Kimberly Baker, MPA  
Track 3 - Using Post Traumatic Growth to Forge a New Future - Dan Overton, MC, LMHC, MHP, CBIS |
| 10:45-12   | Track 1 - Hyperbaric Oxygen Therapy - Yesterday, Today and Tomorrow - Ben Richards and Jeff Hampsten, President, Idaho Hyperbics, Inc  
Track 2 - Impact of Life Care Planning and Catastrophic Case Management after Brain Injury, Stroke or Neurological Changes - Dana Penillon RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager  
Track 3 - One Body, Two Brains, and Three Minds - Yeong-Keun "YK" Jeong, M.A., CBIS |
| 12:15-12:45| Working Lunch - 12:15-12:45 – Older Adult Behavioral Health Project Nirmala Dhar, LCSW, Director-How Oregon’s Behavioral Health Project can assist individuals with brain injury statewide; what behavioral health is and how it can help serve those in Oregon needing assistance. |

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<tr>
<th>Time</th>
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| 1:00-2:15  | Track 1 -- Family Medicine: Substance Abuse and Brain Injury and Pain - Andrew Mendenhall, MD  
Track 2 - Oregon Disabilities Commission - Public Meeting  
Track 3 - Idaho's Traumatic Brain Injury Program: Five-Year Plan and Preliminary Results - Russell C. Spearman, M. Ed., Institute of Rural Health at Idaho State University |
| 2:30-3:45  | Track 1 - Introducing Pooled Alliance Community Trusts|PACT™, a new Pooled Trust Option from BIAWA - Deborah Crawley  
The Do's and Don'ts When Working with Clients with Brain Injury - Timothy Titolo, JD  
Track 2 - Oregon Disabilities Commission - Public Meeting  
Track 3 - TBI Team - What is it and how we can help you - Melissa McCart, D.Ed |
| 4:00-5     | Track 1 - Treatment of Metabolic Dysfunction Following Mild Traumatic Brain Injury - Jeffrey McNally, DC, DACNB  
Track 2 - Vision and Brain Injury - Dr. Macson Lee OD, FCVOD, COVD  
Oregon State Coordinator.  
Track 3 - Life After a Brain Injury for Individuals and Family Members - Redefining Normal: Life After Brain Injury - I won't Back Down |
| 9:00-9:15  | Opening Keynote: Glen Zielinski, DC, DACNB, FACFN - Functional Neurology Treatment of Traumatic Brain Injuries |
| 9:30-10:30 | Track 1 - Pediatric Issues After a Brain Injury - Dr. Elise Hewitt  
Track 2 - Strategies for Winning a TBI Case - Steven J. Anglés, JD and Arthur D. Lertiz, JD: Attorneys at Adler Giersch PS, WSAJ Eagle Members, BIA-WA Members  
Track 3 - How To Release Stuck Trauma in the Body - Kendra Barherton, OTA, PBP, Reiki Master |
| 10:45-12   | Track 1 - Guardianship cases in Oregon - What you need to know - Judge Lauren Holland, JD  
Track 2 - The Silent Epidemic of TBI’s: Listening for Depression & Suicide - Shauna Hahn, PMHNP  
Track 3 - What’s what and what to do: The ins and outs of how TBI and Behavioral Health intersect and what to do about it. - Dan Overton, MC, LMHC, MHP, CBIS |
| 12:15-12:45| Working Lunch - 12:15-12:45 - River City Riders Presentation The Bay City Riders will illustrate how to use different methods of music and dancing to assist individuals with cognitive and neurological issues |
| 1:00-2:15  | Track 1 -- Headsaches and Brain Injury - Glen Zielinski, DC, DACNB, FACFN  
Track 2 - Medical Marijuana (Cannabidiol-CBD) as a Potential Adjunct Treatment Modality - Dana Penillon RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager  
Track 3 - Recontextualizing behavioral changes following TBI - Jacob Plasker, D.C., DACNB |

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Track 2 - What Services Are There In Oregon for Individuals with Brain Injury - Program Directors from the State of Oregon  
Ashley Carson Cottingham - Director for DHS Aging and People with Disabilities  
Cameron Smith - Director at Oregon Department of Consumer and Business Services  
Fred Steele, JD, Ombudsman Long Term Care Ombudsman  
Track 3 - Digestion, Inflammation and Food Intolerances and How They May Impact Brain Health After Brain Injury, Stroke and Neurologic Changes - Krysti Slonaker, Nutritional Therapy Practitioner, (NTP) |
| 9:00-9:15  | Opening Keynote - Neurologic Music Therapy: Treatment and Clinical Applications for Traumatic Brain Injuries - Matt Senn MT-BC/NMT |
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Dr. Aaron DeShaw, Esq. PC: a Portland law firm where our lead lawyer, is both a doctor and a lawyer. The combination allows our firm to fully understand the wide variety of health problems that can result from an injury.

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Disability Rights Oregon (DRO) promotes Opportunity, Access and Choice for individuals with disabilities. We assist people with legal representation, advice and information designed to help solve problems directly related to their disabilities. All of our services are confidential and free of charge.

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(503) 243-2081 http://www.disabilityrightsoregon.org/

The Medicaid Long Term Care Quality & Reimbursement Advisory Council
The Medicaid Long Term Care Quality & Reimbursement Advisory Council (MLTCQRAC) was established by the 1995 Legislative Assembly to advise the Department of Human Services Aging and People with Disabilities programs on changes or modifications to the Medicaid reimbursement system for long-term care and community-based care services.
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Oregon Care Partners

Oregon Care Partners helps family and professional caregivers improve the lives of and care for Oregonians by providing access to no-cost high-quality trainings. In-person and online classes teach strategies that address many caregiving concerns including: challenging behaviors like anger and aggression, safe medication management, and Alzheimer’s and dementia care.

Visit www.OregonCarePartners.com or call (800) 930-6851

Washington State Department of Veterans Affairs

Dan Overton MC, LMHC, MHP
Traumatic Brain Injury Program Specialist IV
Office: (360) 725-2223
Toll Free: (800) 562-2308
DanielO@dva.wa.gov www.dva.wa.gov
Providence Brain and Spine Institute is a comprehensive, integrated center of excellence that treats all conditions of the brain and spine. We work with referring physicians and our patients to design treatment and rehabilitation plans focused on each patient’s needs.

Nora Perry
Manager, Physician and Community Relations
Providence Brain and Spine Institute
9155 SW Barnes Rd, Suite 304
Portland, Oregon 97225
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888-298-4673 www-traumaticbraininjury.net

The Headliner Spring 2019 page 13
Know someone who has a brain injury?

**WHAT NOT TO SAY!**

”you’re better off than a lot of others who have a brain injury”

”you will feel better if you stop thinking about it all the time”

”where did our smiling happy person go?”

”you’re just foggy because of all the medications you are on”

”you were always like that”

”yeah I have memory issues too... part of getting old”

”just snap out of it!”

”....you’re lucky to be alive”

”well you look fine to me”

”just think positively and you will be just fine”

”maybe you’re not trying hard enough”
In October, we moved into a brand new space. Drs. Zielinski, McNally and Frontain would love to serve you!

Our new environment is designed to help survivors heal. We hired architecture firm, Fieldwork Design, to make every room, every element soothing. When one walks into our clinic, they don’t get a clinical feel; instead, patients often remark that the space feels like a spa. There is no harsh overhead lighting. There are no obnoxious sounds secondary to revolutionary wall felting. The paint colour, a deep jade, was selected to be calming to those with brain injuries. Even though our clinic is always active, treating those affected by neurological disorders and brain injuries, it never feels rushed or too busy.

For those unfamiliar with Functional Neurology, it is a discipline within chiropractic whose protocols are designed to restore fundamental aspects of neurological function, to allow you to properly adapt to and function in your world. Once baseline function in a pathway has been restored, we graduate our programs to facilitate integration of these pathways with other systems. It’s not enough to help damaged pathways get back on their feet; we must also help them learn to play well with the rest of your nervous system.

As well, we’re now excited to share that we’ve ushered in even more complementary services. We are now able to serve individuals struggling with mental health problems following their brain injuries and have added Framework Functional Psychiatry and TMS. Shauna Hahn, PMHNP, is our provider who has extensive experience and is brain injury certified through the Brain Injury Association of America. Functional Psychiatry uses precise laboratory assessment and other tools of quantitative analysis to map out the relationships between your diet and nutritional status, genetics, brain chemistry, hormonal systems, immune function, and your psychological symptoms. We gain a comprehensive view of all the factors that create your condition and how they interact.

Clinical Transcranial Magnetic Stimulation (TMS) uses an MRI strength magnet, which is used to stimulate nerve cells in the area of the brain thought to control mood. These magnetic pulses have a positive effect on the brain’s neurotransmitter levels, making long-term remission possible.

We’re looking forward to offering even more healing modalities! Book today: NWFN: 503.805.4526 Or Framework Functional Psychiatry and TMS: 503.908.1625
When is a good time to consult an attorney if you have been hurt on the job?

Every time, early, and often. Many people erroneously think that they do not need an attorney because their claim is simple, or that the insurance adjuster who said she would help will actually help, or that the costs of hiring an attorney outweigh the benefits. By the time an injured worker discovers that the claim is not so simple or that the insurance adjuster is not the injured worker’s advocate, it is often too late in the process and evidence may have been lost and or decisions may have been made that cannot be undone.

An attorney can help an injured worker decide whether or not an attorney might be helpful or necessary to the case. Most attorneys offer a free consultation just for that purpose, so there is no harm in seeking advice from someone who knows. Workers compensation attorneys are paid by the insurance company for achieving certain outcomes in the case. The injured worker does not pay out of pocket for the attorney’s services.

Consulting an attorney for advice is wise. That is why the worker’s compensation system provides for attorney involvement. It can be difficult enough for an injured worker to manage medical appointments and trying to get back to work. Having assistance with the legal aspects of the claim may make a real difference in the outcome of a case. That is especially true when the injury is a brain injury because brain injury may affect a person’s basic decision-making ability.

A client, who was a bicyclist hit by a car, suffered a brain injury, even though she was wearing a helmet. She declined the ambulance transport to the hospital and instead spent the next hour and a half sitting on the curb nearby where she had been hit because she could not think of what to do next. A kind passerby eventually offered her and her broken bike a ride home, which she accepted.

If you or someone you know has suffered a brain injury on the job, it is okay to accept the help that is available and being offered.

Jennifer Hunking, Partner
235 Front St SE, Ste.200
Salem, OR 97301
503-363-3443

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.

Vehicle Donations

Through a partnership with VDAC (Vehicle Donations to Any Charity), The Brain Injury Alliance of Oregon, BIAOR, is now a part of a vehicle donation system. BIAOR can accept vehicles from anywhere in the country. VDAC will handle the towing, issue a charitable receipt to you, auction the vehicle, handle the transfer of title, etc. Donations can be accepted online, or call 1-866-332-1778. The online web site is http://www.v-dac.org/?id=930900797

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!
Understanding Brain Injury and Managing Behavioral Challenges Following Brain Injury and ACBIS International Certification Training

The Academy of Certified Brain Injury Specialists (ACBIS) offers a voluntary international certification program for both entry-level staff and experienced professionals working in brain injury services. ACBIS provides staff and professionals the opportunity to learn important information about brain injury, to demonstrate their learning in a written examination, and to earn a nationally recognized credential. Certification is not restricted to any one profession or discipline. Rather, it is intended for anyone who delivers services specific to brain injury.

Certification is based on a comprehensive training textbook that covers the following topics:

- Health and medical management
- TBI and diagnostic imaging
- Medical, physical, cognitive, neurobehavioral, and psychosocial consequences of injury
- TBI in pediatrics and adolescents, as well as aging with a brain injury
- Concussions and mTBI, as well as disorders of consciousness
- Rehabilitation philosophy, outcome measurement, and care management
- Effect of injuries on families
- Cultural, gender, and sexuality issues
- Military populations
- Neuropsychology
- Participation and return to work

The Brain Injury Association of America, through its cooperative agreement with Wolters Kluwer Health/Lippincott Williams and Wilkins (LWW), is pleased to provide, to each new ACBIS certificant who has applied under the fee structure established December 1, 2008, a one-year subscription to the Journal of Head Trauma Rehabilitation. This reflects a commitment to ensuring that Certified Brain Injury Specialists have access to the latest brain injury research, treatment and practice information.

The Brain Injury Alliance of Oregon is offering a training program geared toward preparing for the CBIS examination. This training will be delivered in a two day workshop. Students must attend the entire session. The workshop will include study materials and interactive workshop with Sherry Stock, ABD/PhD, Certified Brain Injury Specialist Trainer. The National Online Examination will be given at the end of the day, from 4:00-6:00 pm.

Cost of participation:

$750  -  includes training, book, exam fee and one year BIAOR professional-level member  pay online now.
$400  -  for Participation CBIS training only (including book $550 - no Exam)  pay online now.
Travel costs outside the greater Portland area apply coving per diem and travel costs-no more than $250 per person
Contact Sherry Stock at 503-740-3155 or sherry@biaoregon.org for further information

Join us for this comprehensive training, and gain your international certification in Brain Injury, with support through BIAOR.

Applicants must complete and submit the required eligibility paperwork four weeks prior to the training class in order to secure enrollment to the class. Required paperwork includes the following: ACBIS Application Form, Employment Verification and your current Resume. To proceed with the required paperwork forms see the Application Process or contact Sherry Stock, 503-740-3155  sherry@biaoregon.org
All new paid applicants will receive a one-year subscription to the *Journal of Head Trauma Rehabilitation*. This reflects a commitment to ensuring that Certified Brain Injury Specialists have access to the latest brain injury research, treatment and practice information.

**Eligibility Requirements (Please read carefully - once payment is received there are no refunds)**

1. Applicants must have had 500 hours of currently verifiable direct contact experience with an individual or individuals with brain injury.
2. Experience can be paid employment and/or academic internship.
3. The qualifying experience must have included formal supervision or have been conducted while the applicant operated under a professional license. Volunteer work does not qualify.
4. Applicants must have a high school diploma or equivalent.
5. It is up to the individual to determine that they have met the above requirements when they register. Once payment has been made there are no refunds.

**Training**

Official ACBIS training is provided by Sherry Stock, a Certified Brain Injury Specialist Trainer (CBIST). *The Essential Brain Injury Guide* will be mailed to you upon receipt of your payment in full. Training materials will be handed out in the class.

Bring a laptop computer that has wireless capabilities with you for the online exam. If you do not have one please contact Sherry at BIAOR, 503-740-3155  sherry@biaoregon.org.

**Certification Examination**

Candidates must pass (80% or higher) on the certification examination. The exam can only be taken after all forms and fees have been submitted, processed and an approval email has been received. Applicants who have completed the training or self-study and are ready to take the examination must read the instructions further down this page. The exam can also be offered to individuals as long as a CBIST or other approved individual proctors the exam. Please note: The certification fee does not include any expenses associated with proctoring an individually administered exam. If hiring an outside proctor is necessary, the applicant will be responsible for these costs.

**Notification of Exam Score:** Candidates will receive immediate notification via email of their exam score upon completing the online examination. Information about individual candidates and examination results will not be released to any party other than candidates or group administrators. Candidates’ scores are NOT released to anyone, including the candidate, by telephone.

**Retakes:** Candidates who do not pass the examination on the first administration may take one retest within one year of the initial application date at no additional charge. An applicant who does not pass after two attempts is welcome to reapply when ready.

**Application Process**

The process described on the BIAOR website and is intended for those who are pursuing CBIS Certification as a part of a group with BIAOR, please contact your Group Administrator, Sherry Stock, 503-740-3155  sherry@biaoregon.org, for further instructions. Once payment is received there are no refunds. Please read requirements above carefully.

Payment must be made to BIAOR at least 3 weeks in advance of the class. The process for submitting an individual CBIS Application can be confusing, please follow these directions provided at  [https://www.biaoregon.org/services/training-education/cbis-training/](https://www.biaoregon.org/services/training-education/cbis-training/)
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.

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

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. See page 22 to sign up.

Proud members of the Brain Injury Association of Oregon, we have over 50 years experience providing legal services to traumatic brain injury victims

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You Have a Right to Justice
The Brain Injury Alliance of Oregon can deliver a range of trainings for your organization. These include:

- CBIS Training (Certified Brain Injury Specialist)-International Certification/Brain Injury Fundamentals Certification
- What Medical Professionals Should Know About Brain Injuries—But Most Don’t
- Challenging Behaviors
- TBI & PTSD in the Returning Military
- Vocational Rehabilitation-working with clients
- Methamphetamine and Brain Injury
- ADA Awareness—Cross Disability Training
- Judicial and Police: Working with People with Brain Injury
- Traumatic Brain Injury: A Guide for Educators
- Native People and Brain Injury

For more information contact Sherry Stock, Executive Director, Brain Injury Alliance of Oregon at sherry@biaoregon.org 800-544-5243

- Brain Injury 101
- What the Family Needs to Know After a Brain Injury
- Anger Management and TBI
- Aging and TBI
- How Brain Injury Affects Families
- Brain Injury for Medical and Legal Professionals—What you need to know
- Caregiver Training
- Domestic Violence and TBI
- Dealing with Behavioral Issues
- Returning to Work After Brain Injury
- And more!

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Karen Campbell, BA  Sherry Stock, ABD/PhD CBIST
Extreme Behavioral Specialist  Neurogerontologist
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BrainLogisticsLLC@gmail.com  Fax: 503-961-8730

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Executive Director

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www.windsorplacesalem.org
New ACBIS Program Announcement:
Brain Injury Fundamentals

When someone sustains a brain injury, it's not just the life of the individual that is affected, but the lives of family, friends, and people in the community. As part of its mission to provide education that improves the lives of individuals with brain injury, the Academy of Certified Brain Injury Specialists (ACBIS) has targeted the widest possible audience with information that can be used in everyday life.

The course is grounded in adult learning principles, maximizing participant engagement and application through an interactive workbook. Using the stories of two individuals to anchor the course concepts, participants learn about the challenges people face following brain injury and how they are supported. Course content covers: Overview of brain injury and cognition; developing effective interaction skills and addressing behavioral concerns; common physical and medical issues following brain injury; best practices for medication management; and impact of brain injury on the family. An online post-test is provided in open-book format, earning participants a certificate of completion that can be printed.

Developed by experienced clinicians and rehabilitation professionals, Brain Injury Fundamentals is an all-new training and certificate program designed to address the unique needs and challenges of those who care for or encounter individuals with brain injury. This includes non-licensed direct care staff persons, facility staff, family members and friends, first responders, and others in the community. The mandatory training course covers essential topics such as:

- Cognition
- Guidelines for interacting and building rapport
- Medical complications
- Safe medication management
- Brain injury and behavior
- Families coping with brain injury

The course is grounded in adult learning principles, maximizing participant engagement and application through an interactive workbook. Using real-life scenarios and interactive simulations to anchor the course concepts, participants learn about the challenges people face following brain injury and the types of support they need. This essential program will help candidates understand different types of behavior, manage medication safely, and provide support to families and friends.

The Brain Injury Fundamentals course is comprehensive and flexible enough to be incorporated as an organization’s on-boarding program for direct care staff, or used as a stand-alone training in healthcare and community facilities. The course will be taught by ACBIS trainer, Sherry Stock, CBIST, who has more than 15 years’ experience in the field.

After completing intensive training, candidates will receive a certificate that is valid for three years. To learn more about the application process contact Sherry Stock at BIAOR sherry@biaoregon.org. 800-544-5243 or 503-740-3155

**Training:** Training is required in order to receive the Brain Injury Fundamentals certificate. Trainings will take approximately 8 hours. Instructor is Sherry Stock, CBIST sherry@biaoregon.org 800-544-5243 or 503-740-355

**Costs & Fees:** Fundamentals Application (including Practical Training Workbook), training and exam: $250*

*Fundamentals Application fees are non-refundable.
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 of Leone’s fight 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. $20

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. $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

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. $25

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 ☐ Student $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 (includes S&H):

☐ The Caregiver’s Tale $20 ☐ Fighting for David $20
☐ A Change of Mind $25 ☐ Ketchup on the Baseboard $25
☐ Recovering from MTBI $23 ☐ Understanding MTBI $23

Type of Payment

☐ Check payable to BIAOR for $ ____________________
☐ Charge my VISA/MC/Discover Card $ __________________
☐ Card number: ____________________________ Security Code from back
Expiration date: ____________________________
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
Oregon Developmental Disabilities (DD)
For individuals whose disability manifested before age 22 and resulted in lifelong conditions that affect a person's ability to live independently, this state agency arranges and coordinates services to eligible state residents. [http://www.oregon.gov/DHS/dd/Pages/index.aspx](http://www.oregon.gov/DHS/dd/Pages/index.aspx) [ (800)-282-8096](http://www.oregon.gov/DHS/dd/Pages/index.aspx)

Oregon's Aged and Physically Disabled Medicaid Waiver helps elderly and physically disabled Oregon residents to receive care at home instead of in a nursing home even though they are medically qualified for nursing home placement. [https://www.payingforseniorcare.com/medicaid/or-aged-and-physically-disabled.html](https://www.payingforseniorcare.com/medicaid/or-aged-and-physically-disabled.html)

- Adult Day Care - group care during daytime hours
- Adult Residential Care - such as adult foster homes or assisted living residences
- Community Transition Services - for persons leaving nursing homes and returning to the community
- Environmental Accessibility Adaptations - to increase the independence of participants
- Home Delivered Meals
- Hot or prepared, nutritiously balanced
- In Home Care Services - as needed
- Transportation Assistance - coordination of transportation for adult day care and medical appointments

ADRC - Aging and Disability Resource Connection
A resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services. Here you will find quick and easy access to resources in your community. If you cannot find the information you are looking for or wish to talk to someone in person 1-855-673-2372

Northwest ADA Center - Oregon
Carla Waring, MRA  ADA Training & Technical Assistance
University of Washington, Center for Continuing Education in Rehabilitation
ADA TA Hotline 800.949.4232 www.nwadacenter.org
Direct - 503.841.5771 carla.waring@adaanswersnw.com

Spring Sudoku
(Answer from page 2)

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2 6 9 1 3 7 8 4 5
7 4 3 2 8 5 9 1 6
5 8 1 6 9 4 2 3 7
6 1 4 5 2 3 7 8 9
9 2 5 7 1 8 3 6 4
3 7 8 9 4 6 5 2 1
4 3 6 8 5 9 1 7 2
8 5 2 4 7 1 6 9 3
1 9 7 3 6 2 4 5 8
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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) 889-3119 or 1-866-248-8369</td>
<td>Baker, Grant, Hamey, Malheur, Wallowa</td>
</tr>
<tr>
<td>ILR (Independent Living Resources) Director: Barry Fox-Quamme</td>
<td>305 NE &quot;E&quot; St. Grants Pass, OR 97526 (541) 479-4275</td>
<td>Josephine, Jackson, Curry, Coos, Douglas</td>
</tr>
<tr>
<td>Spokes Unlimited 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>SPOKES Unlimited Director: Matt Droscher</td>
<td>1839 NE Couch Street Portland, OR 97232 (503) 232-7411</td>
<td>Clackamas, Multnomah, Washington</td>
</tr>
<tr>
<td>UVDN (Umpqua Valley disAbilities Network) Director: Carla Waring</td>
<td>1006 Main Street Klamath Falls, OR 97601 (541) 883-7547</td>
<td>Klamath</td>
</tr>
<tr>
<td>UVDN (Umpqua Valley disAbilities Network) Director: Carla Waring</td>
<td>SPOKES Lakeview Branch Office 100 North D St, Lakeview, OR 97630 541-947-2079 (voice)</td>
<td>Lake</td>
</tr>
<tr>
<td>UVDN (Umpqua Valley disAbilities Network) Director: Carla Waring</td>
<td>736 SE Jackson Street, Roseburg, OR 97470 (541) 672-6336</td>
<td>Douglas</td>
</tr>
</tbody>
</table>

The Headliner Spring 2019 page 23
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 Team www.cbirt.org/oregon-tbi-team/
Melissa McCart 541-346-0597 tbiteam@wou.edu or mccart@uoregon.edu
www.cbirt.org

The Hello Foundation
Providing therapy in-person at school or at their Portland Clinic and on-line SLP/OT under 18 503-517-8555 www.thehellowfoundation.com

LEARNet
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 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
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

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

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, 503-933-4966 www.returningveterans.org email: mail@returningveterans.org

Want to Return to Work? - Pathways to Independence, Oregon
Kathy Holmquist, 503-240-8794 Kathy@pathwaysoto.net

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

Addiction Inpatient help:
Hazelden Betty Ford Foundation, 1901 Esther St, Newberg, OR 97132 (503) 554-4300 www.hazeldenbettyford.org
Serenity Lane, 10920 SW Barbur Blvd Ste 201, Portland, OR 97219 (503) 244-4500 www.serenitylane.org

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. Have you had an insurance claim for cognitive therapy denied? All services are confidential and free of charge. (503) 243-2081 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 1-888-810-8764 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
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

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

Valuable Websites


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.

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

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

www.oregon.gov/odva - Oregon Department of Veterans Affairs

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

http://oregondisability.va.gov - 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/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)

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.

People Helping People (PHP) provides comprehensive wrap around services to adults with disabilities and senior citizens, including: the General Services Division provides navigation/advocacy/case management services in the areas of social services and medical care systems; the DD Services Division provides specialized services to adults with developmental disabilities, including community inclusion activities, skills training, and specialized supports in the areas of behavior and social/sexual education and training; and the MEMS program provides short term and long term loans of needed medical equipment to those who are uninsured or under-insured. Medical supplies are provided at no cost. (availability depends on donations received). http://www.phpnw.org Sharon Bareis, 503-875-6918

Oregon Prescription Drug Program 800-913-4146
Oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx Helps the uninsured and underinsured obtain drug discounts.

Coalition of Community Health Clinics 503-546-4991
Coalitionclinics.org Connects low-income patients with donated free pharmaceuticals.

Oregon Health Connect: 855-999-3210
Oregonhealthconnect.org Information about health care programs for people who need help.

Project Access Now 503-413-5746 Projectaccesssnow.org Connects low-income, uninsured people to care donated by providers in the metro area.

Health Advocacy Solutions - 888-755-5215 Hasolutions.org Researches treatment options, charity care and billing issues for a fee.

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

**Astoria**
Astoria Support Group  
www.pnwhigrouppw.web  
Kendra Bratherton 209-791-3092  
pnwhigroup@gmail.com Must Pre-Register

**Beaverton**
Circle of Support  
Brain Injury Survivors, Stroke Victims and their Care Givers  
4th Saturday 10:00 am - 11:30 pm  
Elise Stuhm, Cedar Room  
5550 SW Hall, Beaverton, OR 97005

**Bend**
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

**Corvallis**
STROKE SUPPORT GROUP  
1st Saturday 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 ljunk@samhealth.org

**Coos Bay**
(Traumatic Brain Injury (TBI) Support Group  
2nd Saturday 3:00 pm - 5:00 pm  
Kaffe 101, 171 South Broadway  
Coos Bay, OR 97420  
tbicsupport@gmail.com

**Eugene**
Growing Through It- Healing Art Workshop  
Contact: Bittin Duggan, B.F.A., M.A.,  
541-217-4085 bittin@growingthroughit.org

**Medford**
Southern Oregon Brainstormers Support & Social Club  
1st Thursday 5:30 pm  
Inverness Community Center  
2211 NW Marshall St., Portland, OR 97210

**Oregon City**
Brain Injury Support Group  
3rd Friday 1-3 pm (Sept - May) - summer potlucks  
Pioneer Community Center - ask at the front desk for room  
615 5th St, Oregon City 97045  
Sonja Bolon, MA 503-816-1053  
brain4you2@gmail.com

**Portland**
Brain Injury Help Center Without Walls  
“Living the Creative Life” Women’s Coffee  
1st and 3rd Fridays: 10:00 – 12:00 - currently full  
Family and Parent Coffee in café  
Wednesdays: 10:00-12:00  
braininjuryhelporo@yahoo.com  
Call Pat Murray 503-752-6065

**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

**Hillsboro**
Concussion Support Group  
Tuality Healthcare  
1st Thursday 3-4 pm  
TCH Conference Room 1, Main Hospital  
335 SE 8th Avenue, Hillsboro, OR 97123  
linda.fish@tuality.org 503-494-0885

**BRAINSTORMERS III**
3rd Saturday 10:00am-12:00 noon  
Survivor self-help group  
Emanuel Hospital Medical Office Building West Conf Rm  
2801 N Gantenbein, Portland, OR 97227  
Steve Wright 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

**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

**Sponsored by OHSU Sports Medicine and Rehabilitation**

**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, Rm 102, Wilcox Building  
1015 NW 22nd Portland, 97210  
Brian Liebenstein at 503-598-1833  
BrianL@bic-nw.org info@braininjuryconnectionsnw.org

**BRAINSTORMERS I**
2nd Saturday 10:00 - 11:30 am  
Women survivor’s self-help group  
Wilcox Building Conference Room A  
2211 NW Marshall St., Portland 97210  
Next to Good Samaritan Hospital  
Lynne Chase MS CRC Lynne.Chase@gmail.com  
503-206-2204

**BRAINSTORMERS II**
3rd Saturday 10:00am-12:00noon  
Survivor self-help group  
Emanuel Hospital Medical Office Building West Conf Rm  
2801 N Gantenbein, Portland, OR 97227  
Steve Wright 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 - 7:30 pm  
Providence Hospital, 4805 NE Glisan St, Portland, Rm HCC 6  
503 – 454- 6619 grupodeapoyo@BIRRDsong.org

**Please Pre-Register**

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3rd Friday 1-3 pm (Sept - May) - summer potlucks  
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Sonja Bolon, MA 503-816-1053  
brain4you2@gmail.com

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Wednesdays: 10:00-12:00  
braininjuryhelporo@yahoo.com  
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Steve Wright stephenmwright@comcast.net  
503-816-2510

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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: wilhelm@ohsu.edu
Support Groups provide face-to-face interaction among people whose lives have been affected by brain injury, including Peer Support and Peer Mentoring.

PARENTS OF CHILDREN WITH BRAIN INJURY
Wednesdays: 10:00-12:00
Currently combined with THRIVE SUPPORT GROUP/FAMILY SUPPORT GROUP
Contact for further information brain injuryhelp@yahoo.com Pat Murray 503-752-6065
MUST BE PRE-REGISTERED
TBI Caregiver Support Meetings
4th Thursday 7-8:30 PM
8818 NE Everett St, Portland OR 97220
Call Karin Keita 503-208-1787
email: afpath@gmail.com
MUST BE PRE-REGISTERED
THRIVE SUPPORT GROUP
Family and Parent Coffee in café
Wed: 10:00-12:00
TBI Support Group in café
Lunch meeting
Cost about $6.50
Michelle 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
MUST BE PRE-REGISTERED
Roseburg
UMPOQA VALLEY DISABILITIES NETWORK
on hiatus
Salem (3)
SALEM BRAIN INJURY SUPPORT GROUP
4th Thursday 4pm-6pm
Community Health Education Center (CHEC)
939 Oak St, Bldg D 1st floor, Salem OR 97301
Megan Snider (503) 814-7974
megan.snider@saalemhealth.org
SALEM COFFEE & CONVERSATION
Fridays 11-12:30 pm
like Box Café
299 Cottage St, Salem OR 97301
Megan Snider (503) 814-7974
SALEM STROKE SURVIVORS & CAREGIVERS SUPPORT GROUP
2nd Tuesday 1 pm –3pm
Networking 12-1 & 3-3:30
Must arrive early between 12:30-12:45
Salem First Church of the Nazarene
1550 Market St NE, Rm 202 Salem OR 97301
Scott W sweedses@yahoo.com

Tillamook (1)
Head Strong Support Group
2nd Tuesday, 6:30-8:30 p.m.
Herald Center – 2701 1st St – Tillamook, OR 97141
For information: Beverly St John (503) 815-2403 or beverly.stjohn@ah.org
WASHINGTON TBI SUPPORT GROUPS
Quad Cities TBI Support Group
Second Saturday of each month, 9 a.m.
Tri State Memorial Hospital
1221 Highland Ave, Clarkston, WA
Deby Smith (509-758-9661; baidedchry@earthlink.net)
Stevens County TBI Support Group
1st Wednesday of each Month 6-8 pm
Mt Carmel Hospital, 982 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, 7-9 pm.
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, 6:30-8:00 pm.
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, Spokane, WA
Craig Sicilia 509-218-7982; craig@tbiwa.org
Michelle White (509-534-9380; mwwhite@mwwhite.com)
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)
Craig Sicilia 509-218-7982; craig@tbiwa.org
Michelle White (509-534-9380; mwwhite@mwwhite.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 (509-688-5388)
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 Whitson, MSW, CBIS jarlaco@yahoo.com
360-991-4928
IDAHO TBI SUPPORT GROUPS
Boise Area
STARS/Treasure Valley Brain Injury Support Group
When: 4th Thursday of the month from 6-8 pm
Where: St. Luke’s Rehabilitation-Elks Conference Room-4th Floor
600 N Robbins Rd. in Boise
Greg Meyer (208-385-3013; meyergre@slhs.org)
Kathy Smith (208-387-8962; kathy.j.smith@saintalphonsus.org)
CHECK US OUT ON FACEBOOK @ Treasure Valley Brain Injury Support Group
Stroke Support Group for Caregivers and Survivors
When: 1st Thursday of the month 2-3:30 pm
Where: Saint Alphonsus-Coughlin 1 Conference Room
1055 N. Curtis Rd Boise
Meridian Area
Stroke Support Group
When: 3rd Thursday of each month 2-3:30 pm
Where: St. Luke’s Meridian
Contact: 208-381-9383; stroke@slhs.org
Nampa/Caldwell Area
Stroke and Brain Injury Support Group for Survivors and Caregivers
When: 1st Tuesday of the month 4-5 pm
Where: Saint Alphonsus Nampa Medical Center on Garrity-Haglin Conference Room
4402 E. Flamingo Ave Nampa
Twin Falls
College of Southern Idaho Traumatic Brain Injury Group
When: 3rd Thursday of the month from 7-8 pm
Where: College of Southern Idaho-Taylor Building Room 247 in Twin Falls
Amy Barker: (208-732-6800)
Michael Howell, Facilitator

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 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.
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AKA the Brain Injury Association of Oregon
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