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**Angel Flight West's network of
volunteer pilots provide free
medical transportation to people in
need.**



**Mission Moment –
Meet AFW
Passenger Jenna**

**Volunteer Pilot
Trevor Moody flies
Jenna to her far-off
care.**

Transportation challenges create one of the most daunting barriers to healthcare—a barrier second only to the cost. As a volunteer-led, nonprofit organization, Angel Flight West's (AFW) volunteer pilots provide free medical transportation to help passengers reach their health care across 12 Western states, including Oregon.

AFW has spent four decades—and provided more than 96,500 flights—creating pathways to healthcare across the Western United States, arranging donated flights to people in need. On the ground, Earth Angels drive passengers from the airport to the medical facility, also free of cost.

Though we're best known for linking passengers to valuable medical resources, we also provide transportation for other humanitarian purposes, such as individuals and families escaping domestic violence, disaster relief, therapeutic programs for veterans, and children's specialty camps.

In 2022 alone, 30 volunteers based in Oregon flew 137 missions to help passengers reach their far-off care.

There's never any charge for an angel flight, and patients can fly with us as many times as they need to reach far-off, non-emergency medical treatment.

After Jenna's diagnosis of stage 4 colon cancer last year, AFW's volunteer pilots have helped her bridge the daunting transportation gap, free of cost. To date, Jenna has had 29 angel flights to travel to Seattle, WA for care and back home. "They've been the hugest gift," Jenna said. "To be able to live where I live and still know I can go to the best places for treatment? Well, the world just opens up."

Requesting a Flight

Flights may be requested by individuals and by healthcare professionals. Please visit our website to learn more about requirements: <https://www.angelflightwest.org/need-a-flight/>. You can call us directly to learn more about flying with Angel Flight West at (310) 390-2958 or email us at info@angelflightwest.org.

Brain Injury Alliance of Oregon Board of Directors

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Kayt Zundel, MA.....Portland

Staff

Sherry Stock, ABD/PhD, CBIST CEO,
Neuro-Gerontologist sherry@biaoregon.org
Jeri Cohen, JD, Director 503-732-8584
jeri@biaoregon.org
Becki Sparre, Information and Referral, Peer
Support, Trainer 503-961-5675
Beckibiaoregon@gmail.com
Debbie Johansson, Website Developer and graphics
designer

Brain Injury Alliance of Oregon PO Box 549

Molalla, Oregon 97038-0549

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

www.biaoregon.org biaor@biaoregon.org
501 (c)(3) Fed. ID 93-0900797

Headliner DEADLINES

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Editor: Sherry Stock

Advertising in Headliner

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

Advertising on BIAOR Website:

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

Policy

The material in this newsletter is provided for education and information purposes only. The Brain Injury Alliance of Oregon does not support, endorse or recommend any method, treatment, facility, product or firm mentioned in this newsletter. Always seek medical, legal or other professional advice as appropriate. We invite contributions and comments regarding brain injury matters and articles included in *The Headliner*.

Executive Director's Corner

Hello Everyone,

I hope you are doing well in this heat. It is very important to make sure that you do not get heat exhaustion or heat stroke. If you are having an issue be sure to call 211 and they can help.



Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Heat exhaustion can lead to heat stroke.

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

I hope that everyone is being safe, has gotten their vaccination and is interacting with family and friends. If you are looking for other outlets check out the Zoom support groups.

Be safe, you are not alone.

Sherry Stock

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

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 15)

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

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

Attorneys

Need Help Finding and Attorney

Paul Braude, Find Injury Law, 888-888-6470

p@findinjurylaw.com www.findinjurylaw.com

Nevada

Tim Titolo, Titolo Brain Injury Law, Las Vegas 702-869-

5100 tim@titololaw.com <http://titololaw.com/>

Oregon

‡ Paulson Coletti, John Coletti, Jane Paulson Portland, 503.226.6361 www.paulsoncoletti.com

‡ Tom D'Amore, D'Amore & Associates, Portland 503-222-6333 www.damorelaw.com

‡ Dr. Aaron DeShaw, Portland 503-227-1233 www.deshawlaw.com

‡ Bill Gaylord, Gaylord Eyerman Bradley, PC, Portland 503-222-3526 www.gaylordeyerman.com

Astoria

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

Beaverton

‡ Melissa Bobadilla, Bobadilla Law, Beaverton 503-496-7500 PI Immigration

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

Bend

‡ Dwyer Williams Cherkoss Attorney's LLC, Bend, 541-617-0555 www.RoyDwyer.com

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

Portland Area

Patrick Angel, Angel Law, P.C, Portland 503.862.8666 PI

William Berkshire, Portland 503-233-6507 PI

Jeffrey Bowersox, Lake Oswego, 503-452-5858 PI

Jerry Doblle, Doblle & Associates, Portland, 503-226-2300

Wm. Keith Dozier, Portland 503-594-0333

Sean DuBois, DuBois, Law Group, Portland, 503-222-4411

‡ Brendan Dummigan, Pickett Dummigan, Portland 503-223-7770 www.pickettdummigan.com

Peggy Foraker, Portland 503-232-3753

Sam Friedenber, Nay & Friedenber, Portland 503-245-0894 Guardianship/Conservatorship

Timothy Grabe, Portland, 503-223-0022

Bart Herron, Herron Law, Lake Oswego 503-699-6496

€ Craig Allen Nichols, Nichols & Associates, 4504 S.W. Corbett Avenue, Suite 200, Portland, OR 97239 503-224-3018

Theressa Hollis, Fitzwater Law, Portland, 503.786.8191 fitzwaterlaw.com Guardianship & Special Needs

Richard Rizk, Rizk Law, Inc., Portland 503-245-5677 Trucking Injuries, WC, Empymt & LT Disability

J. William Savage, Portland 503-222-0200

Steve Smucker, Portland 503-224-5077

‡ Scott Supperstein, The Law Offices of Scott M Supperstein, PC, Portland 503-227-6464

¥ Tichenor & Dziuba Law Offices, Portland 503-224-3333 Jud Wesnousky, JD, Berkshire Ginsberg, LLC, Portland, 503-542-3000

Salem

Adams, Hill & Hess, Salem, 503-399-2667

Gatti Law Firm, Jennifer Hunking, Salem 503-363-3443

Roseburg

Samuel Hornreich, Roseburg, 541-677-7102

Washington Bremerton Seattle

Bremerton

Kenneth Friedman, Friedman Rubin, Bremerton, 360-782-4300

Seattle

Richard Adler, Adler Giersch, Seattle, WA 06.682.0300

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)

APD - TBI general issue APD.TBI@dhsosha.state.or.us

Sherry Acea, Fourth Dimension Corp, Bend 541-647-7016

Advocate Care, LLC, Leah Pedigo, Medford, 541-857-

0700 RCF 18-65 Portland 971-271-8457 18-65

www.advocatecarellc.com

Carol Altman, Homeward Bound, Hillsboro 503-640-0818 - Day Program

Eric Asa, The Positive Difference ACH, LLC, Gresham, 503-674-5149

Hazel Barnhart, Psalm 91 Care Home, Beaverton, 971-227-4773 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

Soloman Basore, Hillsboro, 503-372-6332 or 614-804-1274 Soloafn@gmail.com Solomon's Adult Care Home LLC, 1321 NE Lilac Ct Hillsboro OR 97124

Pamela Cartwright, Cedars Adult Foster Care, Astoria, 503-325-4431

£ Casa Colina Centers for Rehabilitation, Pomona, CA, 800-926-5462

Damaris Daboub, Clackamas Assisted Living, Clackamas 503-698-6711

Temesgen Helsabo, Temesgen AFH, Clackamas, 571-502-3367 503-908-0138

Maria Emy Dulva, Portland 503-781-1170

‡ Gateway/McKenzie Living, Springfield Mark Kinkade, 541-744-9817, 866-825-9079 RCF

Greenwood AFC, Inc, Greg & Felipa Rillera, Portland 503-267-6282

John Grimm, Skyline Country Living, AFH Philomath 541-929-7681

Herminia D Hunter, Trinity Blessed Homecare, Milwaukie, 503-653-5814, Dem/Alz 70 and over

‡ IS Living Integrated Supports for Living, Jesse DeHerrera, 503-586-2300 www.isliving.org/

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

Joana Olaru, Alpine House, Beaverton, 503-646-9068

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

WestWind Enhanced Care, Leah Lichens, Medford, 541-857-0700

Polly Smith, Polly's County AFH, Vancouver, 360-601-3439 bonniepollysmith@gmail.com Day Program and home

Uhlhorn Program, Eugene, 541 345-4244 Supported Apt

‡ Windsor Place, Inc., Susan Hunter, Salem, 503-581-0393 Supported Apt

Brain Injury Rehabilitation Programs

€ Brain Rehab Network Medical Center, 7204 SW Durham Rd Ste 100, Portland, OR 97224 (503) 941-9869 <https://brainrehabnetwork.com> A team-oriented approach to brain injury rehabilitation featuring rehab medicine, physical therapy, occupational therapy, speech-language pathology and rehabilitation psychology.

•Comprehensive Outpatient Rehabilitation Program— Delivering person-centered care maximizing function, independence and quality of life

•Residential Transitional Rehabilitation Program— Offering supported living where individuals are engaged, understood and thriving. Short and long-term apartment options are available.

•Home and Community Support Program

•Post-Concussion Bootcamp

Oregon Rehabilitation Center PeaceHealth Sacred Heart Medical Center 1255 Hilyard St Eugene, OR 97401 541-686-7300 <http://www.peacehealth.org/sacred-heart-university-district/services/neurosciences-institute2/oregon-rehabilitation-center/Pages/default.aspx> Description: Oregon Rehabilitation Center (ORC) is an 18-bed inpatient rehabilitation unit, located inside Sacred Heart Medical Center, nationally accredited for its Comprehensive Integrated Inpatient and Brain Injury programs.

Rehab Without Walls (was Progressive Rehabilitation Associates) 1815 SW Marlow, Ste 110 Portland, OR 97225 Phone: 503 292 0765 (800) 320-0681 Rehab Without Walls 20818 44th Avenue W. - Ste 270 Lynnwood, WA 98036 Phone: 877.497.1863 : <http://www.rehabwithoutwalls.com/locations-list-format/> Description: Progressive Rehabilitation Associates (PRA) is a recognized and accredited rehabilitation center in Portland, Oregon. PRA specializes in the areas of chronic pain, work hardening, and acquired and traumatic brain injuries.

Legacy Rehabilitation Institute located in the Legacy Good Samaritan Medical Center 1015 NW 22nd Ave Portland, OR 97210 Phone: 503 413 6931 Website: <http://www.legacyhealth.org/> Acute rehabilitation services

To become a professional member of BIAOR see page 22 or contact BIAOR, biaor@biaoregon.org.

Providence Acute Rehabilitation Center 4805 NE Gilson St 4th Floor Portland, OR 97213 Phone: 503 215 5710 Website: <http://oregon.providence.org/our-services/p/providence-acute-rehabilitation-center/>
Acute Inpatient Brain Injury Rehabilitation Program

Portland State University Adult Cognitive Rehabilitation Clinic, Speech and Language Clinic, & Aphasia Therapy Groups 85 Neuberger Hall Portland State Univ Portland, OR 97201 503 725 3070 <http://www.pdx.edu/sphr/cognitive-rehab-clinic>
Speech therapy and cognitive rehabilitation services through the clinics are provided by speech language therapist graduate students under the supervision of licensed Speech Language Therapists.

Medical Professionals

Statewide Older Adult Behavioral Health

Coordinator - Nirmala Dhar, nirmala.dhar@state.or.us, 503-945-9715

Baker, Grant, Harney, Lake, Malheur, Union, and Wallawa Counties—Rod Harwood, M. Div., MA, QMHP-C rod.harwood@gobhi.org 541-293-1755

Benton, Lincoln, and Linn Counties - Christopher R Eilers MA, LPC, christopher.eilers@lanecountyor.gov 541-214-5608; L. Kay McDonald, MA, QMHP-C, kay.mcdonald@lanecountyor.gov, 541-285-2954

Clackamas County Kimberly Whitely, MA, CADDCT, CFRDT, CDP, kwhitely@clackamas.us, 971-413-3454

Clatsop, and Columbia Counties - Alicia Garrison MS Columbia Pacific CCO, garrison@careoregon.org 503-416-5721

Coos and Curry Counties - Lualhati Anderson, MSW QMHP-C, Lualhati.Anderson@chw.coos.or.us 541-751-5024

Crook, Deschutes, and Jefferson Counties - Amarleen Singh, LCSW, Amar.Singh@pacificsource.com 541-330-2514

Douglas County - JamiQuann Rudd, MSW, jamiquann@adaptoregon.org, 541-671-6551

Gilliam, Harney, Hood River, Sherman, Wasco, Wheeler Counties- Roni Hyde, MPH, CHES, hyde@gobhi.org, 541-705-4870

Jackson County - Jennine Greenwell, GreenwJM@jacksoncounty.org, 541-774-3063

Josephine County - Angela Franklin, afranklin@optiononline.org

Klamath County - Kelli Bowers, LCSW, kbowers@kbbh.org, (541) 883-1030, (C) (541) 321-1525; Patricia "Patty" Card, QMHA, PSS, PCard@kbbh.org, (541) 883-1030, ext. 2105, (C) (458) 200-425

Lane, Linn Counties - Kay McDonald, kay.mcdonald@co.lane.or.us, 541-687-4383; Christopher R Eilers MA, LPC, christopher.eilers@lanecountyor.gov 541-214-5608

Marion County - Patrick Brodigan, BS, QMHP, pbrodigan@co.marion.or.us, 503-588-5624 (C) 503-932-6975

Multnomah County - Jill Williams, MA, jill.williams@multco.us 503-367-3803; Laurel Wonder, MSW, laurel.s.b.wonder@multco.us, 503-988-2868 503-201-9756

Polk County - Betty Sledge, MS, sledge.betty@co.polk.or.us, 503-798-0451

Washington County - Kera Magarill, MA, kera_magarill@co.washington.or.us, 503-846-3105 (C)720-210-8481; Andy Wallace, MS, Andy_Wallace@washingtoncountyor.gov

Yamhill County - Lacey Plasker,

plaskerl@co.yamhill.or.us, (971) 267-0548

Chiropractic

Judith Boothby, DC, Third Way Chiropractic, Portland 503-233-0943

Gretchen Blyss, DC, Portland, 503-222-0551

Eric Hubbs, DC, 180 Chiropractic, Beaverton 503-646-2278

Thomas Kelly, DC, Kelly Chiropractic, Vancouver WA 360-882-0767

Michael T. Logiudice, DC, Linn City Chiropractic, West Linn 503-908-0122

Garreth MacDonald, DC, Eugene, 541-343-4343

D.Stephen Maglente, DMX Vancouver, Vancouver WA 360-798-4175

James Martin, DC, DACS, CCN Martin Chiropractic, Yakima WA 509-248-6484

Jason Penaluna DC, DACNB, Northwest Family Chiropractic and Massage drp@nwfamchiro.com 206.363.4478 Shoreline, WA www.nwfamchiro.com

Bradley Pfeiffer, Bend 541-383-4585

George Siegfried, McMinnville 503-472-6550

Functional Neurologist

Stefan Herold, DC, DACNB, Tiferet Chiropractic Neurology, Portland 503-445-7767

Cat Maddox, DC, DACNB, CSCS, Clarity Chiropractic Neurology, Portland, (503) 660-8874

Mehul Parekh, DC, DACNB, Shakti Functional Neurology and Fitness Systems, 503-206-0300

Jason Penaluna, DC, FACFN, NW Family Chiropractic, Shoreline, WA 98133 206-363-4478

Jacob Plasker, DC, FACFN Plasker Chiropractic and Functional Neurology 458-206-3461

Kelly Prill, ND, DACNB, Elemental Wellness, Portland 971-270-0220

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

Physicians

Diana Barron, MD. Barron-Giboney Family Medicine, Brownsville, OR (541) 451-6930

Dr. Martin 'Nick' Bomalaski MD, Board Certified Brain Injury Medicine, Physical Medicine & Rehabilitation, PeaceHealth Southwest Medical Center, Vancouver, WA, Clinic Ph: (360)514-3142 Fax: (360)514-6809

Jerald Block, MD, Psychiatrist, 503-241-4882

James Chesnutt, MD, OHSU, Portland 503-494-4000

M. Sean Green, MD, Neurology, Lake Oswego 503- 635-1604

Dr. Patrick Gregg, Ophthalmology, Candy 503-305-4876, Lake Oswego 503-636-9608

Dr. Wendy Hodsdon, Portland (503) 227-8700 www.portlandalternativemedicine.com

Gene Hong, MD, Acupuncturist, Portland & Clackamas 503-657-3329 gene.hong33@gmail.com

± Steve Janslewitz, MD, Pediatric Psychiatrist, Pediatric Development & Rehabilitation-Emanuel Children's Hospital, Portland Nurse: 503-413-4418 Dept:503-413-4505

Michael Koester, MD, Slocum Center, Eugene, 541-359-5936

Laurie Menk Otto, ND MPH, 503-232-3215

Andrew Mendenhall, MD, Central City Concern, Portland 503-228-7134

Oregon Rehabilitation Medicine Associates, Portland Legacy 503-413-6294

Oregon Rehabilitation Medicine, P.C., Portland, Providence 503-215-8699

Kevin Smith, MD, Psychiatrist, OHSU, 503-494-8617

Francisco Soldevilla, MD, Neurosurgeon, Northwest Neurosurgical Associates, Tualatin, 503-885-8845

Douglas S. Wingate, MAcOM, L.Ac. Acupuncture,

Look here for an Expert

Chinese medicine, 4410 NE Glisan, Portland, OR 410 NE 3rd St., McMinnville 503-250-0660

Psychologists/ Neuropsychologists/MHNP

Amee Gerrard-Morris, PhD, Pediatrics, Portland, 503-413-4506

Shauna Hahn, PMHNP, Northwest Functional Neurology, Lake Oswego, 503-850-4526

Sharon M Labs PhD, Portland 503-224-3393

Ruth Leibowitz, PhD, Portland, 503-567-4327

Michael Leland, Psy.D, CRC, Director, NW Occupational Medicine Center, Inc., Portland, 503-684-7246

Jane Kucera Thompson, PhD, East Slope Neuropsychology, Yakima, WA 509-966-2961

eastslope@esneuro.net www.esneuro.net

Susan Rosenzweig, PsyD, Center for Psychology & Health, Portland, 503-206-8337

Holistic Practitioners/Massage Therapy Programs/ Neurofeedback

Benjamin Bell, Advanced CranioSacral Therapist, LMT, Under One Roof Health Care, Eugene 541-799-6097 peds

Dr. Alex de la Paz, DPT, Root & Branch Physical Therapy, Portland 503-577-0318

Kendra Bratherton, COTA/L, PBP, Reiki Master, Merkaba Center for Healing, Tensegrity Medicine/ Bowenwork Energy Medicine, Astoria, 209-791-3092 merkabacenter@gmail.com

Aumkara Newhouse, Aumkara Structural Bodywork Beaverton 916) 524-7470

Olga Ward, Beaverton Neurofeedback, 503-806-0112 call or text, BeavertonNeuro@gmail.com, www.BeavertonNeurofeedback.com

Cognitive Rehabilitation Centers/ Rehab Therapists/Physical Therapists/Specialists

Brainstorm Rehabilitation, LLC, Bethany Davis, Ellensburg, WA 509-833-1983

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)

Neuro Base Camp, Dr. Becca Switzer PT, DPT, NCS Doctor of Physical Therapy, 1235 SE Division St, Suite 102, Portland OR 97202, 503-451- 3278

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

Matthew Senn, MT-BC, NMT, CEO, NeuroNotes, msenn@neuronotestherapy.com 971-253-9113 www.neuronotestherapy.com

† Rehab Without Walls, Mountlake Terrace, WA 425-672-9219 Julie Allen 503-250-0685

Speech and Language/Occupational Therapist

Channa Beckman, Harbor Speech Pathology, WA 253-549-7780

† The Hello Clinic, Sharon Soliday, SLP/OT, Portland, 503-517-8555 www.thehellofoundation.com

John E. Holing, Glide 541-440-8688

Carol Mathews-Ayres, First Call Home Health, Salem Anne Parrott, Legacy Emanuel Hospital Warren 503-397-6431

(Continued on page 5)

Look here for an Expert

Neurologic Music Therapy

Matthew Senn, MT-BC, NMT, CEO, NeuroNotes,
msenn@neuronotestherapy.com 971-253-9113
www.neuronotestherapy.com

Vision Specialists

David Hackett, OD, MS, FCOVD, Lifetime Eye Care,
 Eugene, 541-342-3100
 Gretchen Oberle, OT, Vision Rehab, Iris Rehabilitation,
 Portland, 503-766+2302
 Bruce Wojciechowski, OD, Clackamas, Neuro-
 optometrist, Northwest EyeCare Professionals,
 Clackamas, OR 97015, 503-657-0321 Bruce
 Wojciechowski OD, FCOVD Clackamas, Beaverton
 & Hillsboro; Rachel Jorgensen OD, FCOVD
 Beaverton, Hillsboro & Clackamas; Julia Sirianni
 OD, FCOVD Clackamas, Vancouver, Beaverton &
 Hillsboro; Macson Lee OD, FCOVD Clackamas,
 Beaverton & Hillsboro; John Reski OD, FCOVD
 Clackamas & Vancouver; Kevin Dittlinger OD
 Clackamas & Vancouver; Elizabeth Powers OD
 Beaverton & Hillsboro

Life Care Planners/Consultants/Case Manager/

Social Workers

Vince Morrison, MSW, PC, Astoria, 503-325-8438
 Michelle Nielson, Medical Vocational Planning, LLC,
 West Linn, 503-650-9327
 Dana Penilton RN, BSN, CCM, CLCP, Life Care
 Planning, 503-701-9009, danapen@comcast.net
 Robyn Weiss, Neuro Consult Group LLC, WA, 425-890-
 -1481 neuroconsultgroup@gmail.com

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), 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) 774-8209
 £ Oregon Chiropractic Association, Jan Ferrante,
 Executive Director, 503-256-1601 <http://ocanow.com>
 £ Kayt Zundel, MA, ThinkFirst Oregon, (503) 494-7801

Long Term TBI Rehab/Day Program's/Support Programs

Carol Altman, Bridges to Independence Day Program,
 Portland/Hillsboro, 503-640-0818
 Grace Center for Adult Day Services, Corvallis,
www.GraceCenter-Corvallis.org 541-754-8417
 Marydee Sklar, Executive Functioning Success,
 Portland, 503-473-7762

Educators/Presenters

Gianna Ark, Linn Benton Lincoln Education Service
 District, Albany, 541-812-2746
 Andrea Batchelor, Linn Benton Lincoln Education
 Service District, Albany, 541-812-2715
 Allison Cook, 916-749-2487
bookallisoncook@gmail.com

**Brain Logistics, LLC – providing Education,
 Training, Individualized Assessment and
 Implementation Karen Campbell 971-227-
 4350 Sherry Stock ABD/PhD CBIST 503-740-
 3155 BrainLogisticsLLC@gmail.com**

Heidi Island, Psychology, Pacific University, Forest
 Grove, 503-352-1538
 Tyson Lancaster MS, MBA, Visions LLC, 541-683-6707
<http://visionsllc.org>
 ± McKay Moore-Sohlberg, University of Oregon, Eugene
 541-346-2586

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
 Elizabeth VanWormer, LCSW, Portland, 503-297-3803
 Kate Robinson, MA, LPC, CADC1, Clear Path
 Counseling, LLC, 971-334-9899

Neuro Consulting

**Brain Logistics, LLC – providing Education,
 Training, Individualized Assessment and
 Implementation Karen Campbell 971-227-
 4350 Sherry Stock ABD/PhD CBIST 503-740-
 3155 BrainLogisticsLLC@gmail.com**

Robyn Weiss, Neuro Consult Group, LLC 425-890-
 1981 neuroconsultgroupllc@gmail.com

Expert Testimony

Brain Logistics, LLC – providing Education, Training,
 Individualized Assessment and Implementation Karen
 Campbell 971-227-4350 Sherry Stock ABD/PhD
 CBIST 503-740-3155
BrainLogisticsLLC@gmail.com
 Janet Mott, PhD, CRC, CCM, CLCP, Life Care Planner,
 Loss of Earning Capacity Evaluator, 425-778-3707

Financial Planning

± Coldstream Wealth Management, Roger Reynolds
roger@coldstream.com www.coldstream.com 425-
 283-1600

State Resources –

Oregon Medicaid Oregon Health Plan Health Systems
 Division 500 Summer Street NE Salem, OR 97301-
 1079 Phone: 503-945-5772 Toll Free: 800-527-5772
 Website: [http://www.oregon.gov/OHA/healthplan/
 Pages/index.aspx](http://www.oregon.gov/OHA/healthplan/Pages/index.aspx)
 Parent Training Information Center Oregon First 2600
 SE 71st Ave Portland, OR 97206 Phone: 503-232-
 0302 Website: <http://www.orfirst.org> Email:
info@orfirst.org Description: Non-profit Parent
 Resource Center serving special education families
 located in Portland,

Work Incentives Network: Web: <http://www.win-oregon.com/> Email: Info@win-oregon.com
 Description: a free benefits and work incentives
 planning service provided by 6 Oregon Centers for
 Independent Living to people with disabilities who
 want to work

Protection and Advocacy

Disability Rights Oregon 610 SW Broadway Ste 200
 Portland, OR 97205 Phone: 503-243-2081 Website:
<http://www.disabilityrightsoregon.org>

Victims of Crime Compensation Fund 1162 Court St
 NE Salem, OR 97301-4096 Phone: 503-378-5348 Toll
 -free: 1-800-503-7983 Website: [http://
 www.doj.state.or.us/victims/pages/compensation.aspx](http://www.doj.state.or.us/victims/pages/compensation.aspx)
 Email: cvsd.email@doj.state.or.us

Vocational Rehabilitation Central Administration:

500 Summer Street NE Salem, OR 97301 Phone: 503-
 -945-5880 Toll Free: 877-277-0513 Website: [http://
 www.oregon.gov/DHS/vr/](http://www.oregon.gov/DHS/vr/) 46 locations statewide:
[http://www.oregon.gov/DHS/Offices/Pages/
 VocationalRehabilitation.aspx](http://www.oregon.gov/DHS/Offices/Pages/VocationalRehabilitation.aspx)

Technology/Assistive Devices/ Construction

† John Drentlaw, JLD Construction Consulting
www.jldllc.com. Portland (503) 675.4383
 Mobility Access Option NW, Inc, Kevin Rowland,
 Independence, 971-304-7464
 Second Step, David Dubats, Holmes Beach, FL, 877-
 299-STEP 541-337-5790 secondstepinc.com
 Rockinoggins - Helmet Covers Elissa Skerbinc Heller
www.rockinoggins.com

Trauma Nurses Talk Tough

Angela Aponte-Reid, Prevention RN, Trauma Nurses
 Talk Tough, Legacy Health System, Emanuel
 Medical Center, Portland 503-413-2340

Veterans Support

£ Returning Veterans Project, Portland, 503-954-2259
VFW Veterans of Foreign Wars, Portland (503) 255-
 5808, orvfwqh@gmail.com, vfwor.org

Vocational Rehabilitation/Rehabilitation/

Employment / Workers Comp

D'Autremont, Bostwick & Krier, Portland, 503-224-3550
 Roger Burt, OVRs, Portland
 Arturo De La Cruz, OVRs, Beaverton, 503-277-2500
 † SAIF, Salem, 503-373-8000
 State of Oregon, OVRs, Salem, (503) 945-6201
www.oregon.gov/DHS/vr/
 Kadie Ross, OVRs, Salem, 503-378-3607
 Scott T. Stipe MA, CRC, CDMS, LPC, IPEC, ABVE-D,
 Certified Rehabilitation Counselor, Board Certified
 Vocational Expert, Licensed Professional Counselor
 Career Directions Northwest, Scott Stipe &
 Associates, Inc, Portland, (503) 234-4484

Angel Flight West

Angel Flight West creating pathways to healthcare
 across the Western United States, arranging
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 2958 or email us at info@angelflightwest.org.

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www.sosubaru.com/
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 97501
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 The Goldsmith's, Medford

Names in bold are BIAOR Board members

† Corporate ‡ Gold £ Non-Profit △ Platinum
 € Silver ± Bronze ¥ Sustaining

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

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 current Research Projects

We can't do this alone, please send in your membership dues today or donations.

See page 22 for a membership form

Symptoms of an unruptured Brain Aneurysm

Symptoms of an unruptured brain aneurysm

- visual disturbances, such as loss of vision or double vision.
- pain above or around your eye.
- numbness or weakness on 1 side of your face.
- difficulty speaking.
- headaches.
- loss of balance.
- difficulty concentrating or problems with short-term memory.



Imagine What Your Gift Can Do.

The most important achievements often start where they are least expected. That's why BIAOR is the perfect place to give. It allows your money to go where it's needed most, when it's needed most. BIAOR provides information about brain injury, resources and services, awareness and prevention education, advocacy, support groups, trainings and conferences and meetings throughout the state for professionals, survivors and family members. Your gift makes a difference at BIAOR.

Please mail to:

BIAOR

PO Box 549

Molalla OR 97038

800-544-5243

Fax: 503-961-8730

Name _____

Address _____

City/State/Zip _____

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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: _____

Co-Occurring Conditions After an ABI

The common co-occurring conditions of TBI are:



- Post-Traumatic Stress Disorder (PTSD)
- Chronic Pain
- Substance Abuse
- Depression
- Anxiety
- Suicide

Post Traumatic Stress Disorder (PTSD)



- PTSD is defined as a disorder that develops after a distressing psychological event that is outside the typical human experience.
- PTSD is characterized by re-experiencing or reliving, over and over again, painful or stressful situations.

CNN Video

<http://www.cnn.com/video/#/video/health/2009/05/12/health.minute.ptsd.cnn>

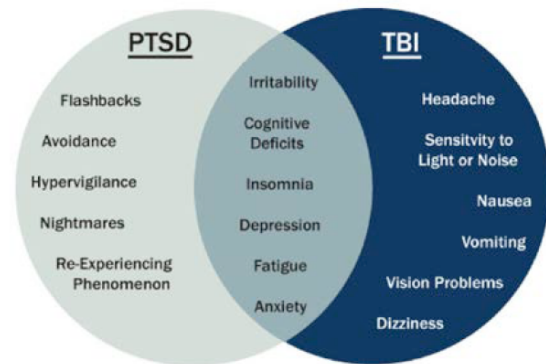
Symptoms of PTSD include:

- Nightmares
- Flashbacks
- Avoiding stimuli associated with the trauma
- Recurring memories
- Poor concentration
- Trouble sleeping
- Anger
- Exaggerated responses
- Hypervigilance

Prepared by:
Grand Valley State University
Office of the Vice Provost for Health
Veterans Traumatic Brain Injury Education Project
Cook-DeVos Center for Health Sciences
301 Michigan St. NE, 500 CHS
Grand Rapids, MI 49503-3314
www.gvsu.edu/veteranstbi



Overlapping Manifestations between PTSD and TBI



There have been many studies on the incidence of TBI and PTSD.

- Sustaining any type of physical injury in theater is known to increase a service member's risk for PTSD (Hoge, 2004).
- Injury patterns with TBI have greater co-morbidity with PTSD than injury patterns without mTBI (Walilko, 2010).
- PTSD can exacerbate cognitive and other symptoms in TBI (Lezak et al., 2004).
- Blast-injured personnel may experience greater symptoms of PTSD.

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.

Chronic Pain

Chronic pain has many definitions based on the length of time the pain has persisted. In most definitions, chronic pain persists longer than 6 months.

- Chronic pain is a common complication of TBI.
- Approximately 81% of soldiers returning from OIF/OEF reported symptoms consistent with chronic pain.
- The most common chronic pain locations: Back (58%) Head (55%).

Chronic pain can co-exist with other complications such as PTSD. However, a recent study found that chronic pain is independent of psychological disorders such as PTSD and depression. Chronic pain is common even among patients with apparently minor injuries to the brain.

Substance Abuse

Risk factor for injury

- 18% to 66% of patients with mTBI have history of alcohol abuse.
- $\frac{1}{3}$ to $\frac{1}{2}$ of patients with mTBI test positive for alcohol or illicit drugs at time of admission.

Obstacle to rehabilitation

- Diminished recovery from TBI
- Diminished benefit from rehabilitation
- Increased risk of seizures
- High rates of re-injury

Increased risk

- Pre-existing substance abuse diagnosis at time of injury is predictive of heavy drinking following injury.



Trial Guides was established in 2004 as a legal media company that helps civil plaintiff's lawyers win. We provide professional educational materials and continuing education seminars, with a wide variety of books and media on the practice of law. Our print, digital, audio, and video titles are known for their accessibility, clarity, and unique focus on the practical aspects of legal practice, with proven tactics and strategy from many of the top lawyers and legal consultants from around the country.

In addition to the nation's leading trial lawyers, Trial Guides products are used by the U.S. Department of Justice, the ACLU, the Global 100 (largest law firms in the world), the American Association for Justice, the Southern Poverty Law Center, and multiple law schools including Stetson's LL.M. degree in Advocacy (ranked #1 in U.S. News & World Report for Advocacy 19 times).

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Chali's Group Home

Chali's Group Home is a 24-hour residential care facility in NE Portland, Oregon. Nestled in the heart of an urban setting, the facility provides a comfortable and supportive environment for adults in need of ongoing care. The facility is well-appointed and well-maintained, providing residents with all the amenities they need to live a fulfilling and independent life.

At Chali's Group Home, residents are cared for by a compassionate and attentive staff. These trained professionals are dedicated to ensuring that each resident receives the highest level of care and support possible. Whether it's helping with medication management, meal preparation, or simply

providing a listening ear, the staff is always available to lend a helping hand.

The facility is designed to foster a sense of community and belonging among residents. Group activities and outings are organized regularly, allowing residents to socialize and connect with one another. At Chali's Group Home, residents can feel safe, supported, and cared for, knowing that they are part of a community that values their well-being above all else.

Chalihamda32@gmail.com
503-820-8054




Family START Group (SUPPORT TRAINING AROUND RECOVERY AFTER TBI)

3rd Friday each month, 10 am

Aimed at supporting and educating parents of children with TBI. Meetings will be online platform Topics will cover navigating and communicating with schools, parental self-care, and support strategies. Melissa McCart 541-346-0573

mccartm@cbirt.org



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TRAUMATIC INJURIES
Better Than A
GOOD DOCTOR

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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.

*There's no place
 for healing
 like home*

**Washington, Oregon,
 Alaska, Idaho**

**Home & Community
 Neuro Rehab**




Rehab Without Walls
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- Neuro/Spinal Injuries are our specialty
 - Adult and Pediatric cases
 - Private, commercial insurance, injured worker cases

TEL: 425-672-9219

8 HABITS TO KICK FOR BETTER BRAIN HEALTH



PHYSICAL INACTIVITY

TOO MUCH SCREEN TIME

MULTITASKING

NEGATIVE SELF TALK

STRESSING OUT

SLEEP DEPRIVATION

TOXIC RELATIONSHIPS

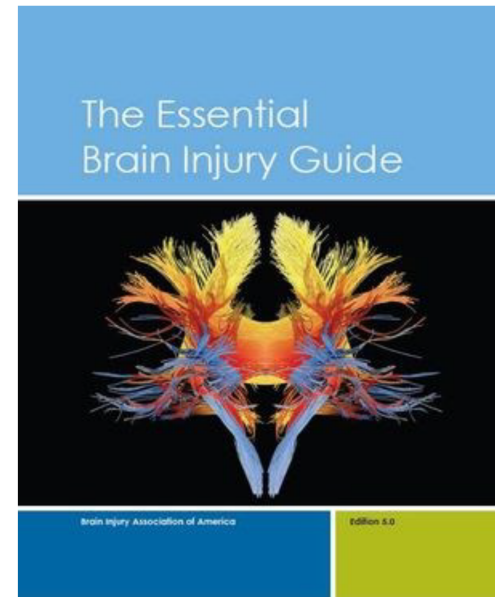
MENTAL INACTIVITY

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.

Currently all trainings are by Zoom—call for dates

Cost of participation:

\$1500 includes training, book, exam fee and one year BIAOR professional-level member [pay online now](#).

\$1050 for Participation CBIS training only (including book \$550 - no Exam) [pay online now](#).

Additional Costs of Trainings may apply: Travel costs for trainer outside the greater Portland area may apply covering per diem and travel costs. 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

**Currently all trainings are
by Zoom—call for dates**

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/>



This month's success story is dedicated to our client Kevin who suffered a Traumatic Brain Injury over a year ago. Kevin has been working diligently in our intensive day program with our Physical, Occupational, and Speech therapists. Kevin's goal was to return to his favorite hobby: fishing. He states this hobby has provided immense joy to his life since childhood. Please enjoy Kevin's story:

With the support and assistance of his Physical Therapist Sage and Occupational Therapist Deb, Kevin was able to go on his first fishing expedition since his injury. He was even able to bring his longtime fishing buddy to experience the moment together. Kevin reported he was able to cast the fishing line, but most importantly he caught a fish! Furthermore, he cleaned and helped prepare the fish for dinner with his spouse, skills he has attained through hard work and dedication to his therapies. Following the trip, Kevin enthusiastically stated, "It was pretty awesome. My longtime friend and fishing buddy came to join us. It was enjoyable. Nice to get out and get fishing again."

Q&A:

How long have you been fishing for? "Since I was 5 years old with my dad."

How long have you and your fishing buddy been fishing together? "Over 30 years."

When is the last time you went fishing? "Injury was over a year ago, have not fished since."

Sage, PT, DPT: "From day one, Kevin made his fishing and hunting goals clear (he even has a tattoo dedicated to fishing!). Since then, PT, OT, and Speech Therapy have been working together to find ways to work his passions into our sessions. When Amy M, COTA suggested taking him fishing, we got the entire team involved in the planning and preparation to make it happen. He caught a rainbow trout in the first 10 minutes. His smile says it all!"



Deb, OTD, OTR/L: "This experience perfectly demonstrates why I chose to be an Occupational Therapist with Progressive Rehab Associates & Rehab Without Walls. We can insert ourselves into *their* world and facilitate their safe re-engagement in meaningful occupations. Whether it is returning to a loved activity or learning a new one... we face the challenges together."

Our clinicians at Rehab Without Walls are dedicated to returning our clients to their prior hobbies, occupations, and other activities that bring joy and fulfillment to their lives. We are grateful to have patients like Kevin who work hard and who allow our clinicians to take the necessary steps to attain next level progress!

RehabWithoutWalls.com/Portland

More in Common Than You Think



Acquired Brain Injury (ABI)

An injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. The injury results in a change in neuronal activity, which affects the physical integrity, the metabolic activity, or functional ability of nerve cells in the brain.

THERE ARE TWO TYPES OF BRAIN INJURY

- 1 Non-traumatic Brain Injury**
 Often referred to as an acquired brain injury, non-traumatic brain injuries cause damage to the brain by internal factors, such as a lack of oxygen, exposure to toxins, pressure from a tumor, etc.
- 2 Traumatic Brain Injury**
 An alteration in brain function, or other evidence of brain pathology, caused by an external force. There are two primary mechanisms of TBI; those involving impact to the head (Traumatic Impact), and those involving inertial forces which affect the brain (Traumatic Inertial).

CAUSES OF BRAIN INJURY



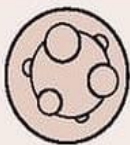
Stroke



Anoxic/Hypoxic



Poison



Virus



Tumor



Fall



Struck by Object



Sports



IED

ACQUIRED BRAIN INJURY

	TRAUMATIC IMPACT Contact Injury Head struck by or against an object		TRAUMATIC INERTIAL Non-Contact Injury Brain moves within skull	NON-TRAUMATIC Internal Insult
FOCAL				
DIFFUSE				
PRIMARY INJURY MECHANISM	CLOSED (Non-Penetrating)	Open (Penetrating) Skull Fracture Meninges Breach	Rotational/Angular Forces Acceleration/Deceleration Forces	Severe Reductions in blood Flow Hemorrhage Due to Clotting
INJURY CLASSIFICATION	FOCAL -or- DIFFUSE	Primary Focal	Primarily Diffuse (Multifocal)	FOCAL -or- DIFFUSE
INJURY PATHO-PHYSIOLOGY	Brain Contusions Brain Lacerations Intracerebral-Hemorrhage Diffuse Axonal Injury	Epidural Hematomas Subdural Hematomas Intracerebral-Hemorrhage Infections	Diffuse Axonal Injury White Matter Lesions Hemorrhage	White Matter Lesions Hemorrhage
INJURY CAUSES	Blast Related Assaults Falls Vehicular Accidents Sports Accidents	Gunshot Stabbing Falls Vehicular Accidents Sports Accidents	Falls Vehicular Accidents Sports Accidents	Stroke Neurotoxic Poisoning Hypoxia/Anoxia Ischemia Infection Tumors

This chart was adapted from the Essential Brain Injury Guide, Edition 5.0, © 2016 Brain Injury Association of America.

YOUR BRAIN IS ONLY

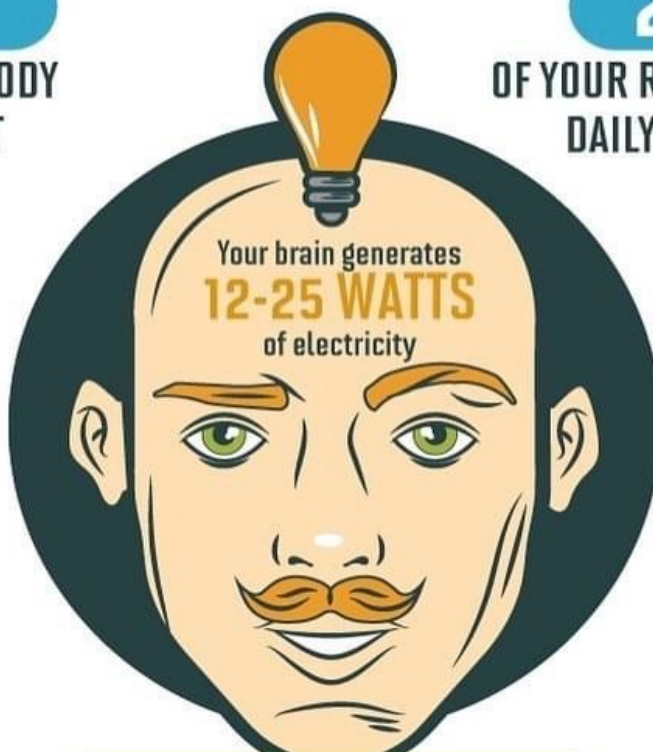
BUT IT USES



2%
OF YOUR BODY
WEIGHT



20%
OF YOUR RECOMMENDED
DAILY CALORIES



Your brain generates
12-25 WATTS
of electricity

That's more than enough to
power an LED lightbulb!



Neurons send/receive
messages to and from
your body



100,000 chemical
reactions take place in
the brain every second



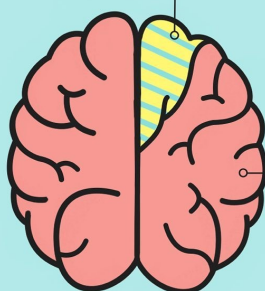
100 billion neurons are
located in your brain



Neurons can connect to
10,000 other neurons

YOUR BRAIN IS THE MOTHER BOARD THAT CONTROLS YOUR THOUGHTS, MEMORIES, SPEECH, MOVEMENT, & ORGAN FUNCTION

Brain Anatomy of the 21st Century



5%
Your lifetime
memories

95%
All of your
passwords

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

Parent's Guide: the early days after your child's brain injury

Child rearing brings challenges to all parents, and for parents of a child with an a brain injury, the challenges can be magnified.

There are many issues, such as striking a balance between protecting your child from harm, while encouraging self-reliance and independence. It may not be clear, in the early stages, what problems a traumatic brain injury has caused, and it can be difficult to predict how much a child will recover, and how fast.



It is easy to focus on the differences - to feel that the young people with a brain injury, and the family, are different from other young people and families. But in general, most parents face a very similar range of challenges. Aim to focus on these similarities and claim your place, and your child's place, as part of your local community.

At times the emotional challenges can seem overwhelming. Grief, in some shape or form, may always be there. Parents can feel they've lost their privacy and sense of control - everyone else has 'good advice' and knows best. You may feel isolated and 'different' from other families, or that there is no one there to help.

But many parents also say that this life-changing event has also helped them realize what's really important and value what they do have. Many families also discover they're not alone-many find that linking up with others in a similar situation provides great support.

Alongside the difficulties, lots of good things happen, and families need to recognize and celebrate these. By and large, families with a child with a brain injury get on with life very competently.

Will my child be okay?

This is the most important question for parents in the early days after a brain injury-whether it was either accident or serious illness. You probably won't take in much of the information you are told

at this stage so get people to write things down for you.

Your child may be in a coma-not opening his/her eyes or responding in any way. Coma may last for minutes, hours, days or longer. As your child comes out of coma, he/she will move into a 'twilight' zone-awake but confused, disoriented, maybe agitated, and not making sense. This is known as post-traumatic amnesia, or PTA.

In PTA, your child may remember things from the past, but won't remember things happening now, from minute to minute. Ordinary things may look strange or different, or your child may imagine things that are not there-an experience that can be frightening or confusing. Later on, your child will remember little or nothing of this time, or may have a sense of it as no more than a blurred dream.

PTA may last for minutes, days, weeks or months. The length of time in PTA provides a reasonable basis for predicting how well your child will recover. The depth of coma and how long it lasts provide another indicator.

Talk to the staff on the ward-doctors, nurses, therapy staff, and be ready for answers to change and become clearer over time.

Things you can do

The most important thing for your child is feeling held, loved and supported by family and friends-even while in a coma. Always talk and behave as

if your child is conscious-we simply do not know whether people at this stage can hear or understand anything of what is going on.

During PTA your child will be less able to deal with the amount of noise and activity around, and might easily become more agitated or restless. Try to pace interactions and inputs, so things happen at a quiet pace and only one thing at a time.

Bring in photos, favorite blanket and favorite things to create a familiar environment. Help the staff to get to know your child-his/her interests, personality, habits, quirks and talents. You may be able to do some of the day-to-day routine care for your child, if you wish to. Talk to the nursing staff about this.

As the days go past, keep a book to record what's happening. A book of this nature can be reassuring to a young person who realizes, some time later, that they have 'lost' and forgotten some days or weeks of their life.

Look after yourself

You will need all your strength to get through this difficult period. Make sure you look after yourself while your child is in hospital (and afterwards). Make chairs into a bed to get some sleep and keep your energy up with meals at the cafeteria. If you want some quiet time, go to the hospital chapel. Accept offers of help from relatives and friends, so you can spend more time with your child and your family.

Pacing yourself is still important when your child comes home from hospital. This can be a time of major readjustment for parents. Quite apart from the physical demands of caring, changes to your child from the brain injury may suddenly become distressingly clear. Being prepared for this can help you to cope with it and continue the process of readjustment.

Should my child be assessed?

If you are concerned about difficulties your child is having with, for example, learning, memory, speaking, balance, vision, or handwriting, such problems should always be thoroughly assessed-whether or not your child is known to have a brain injury. Careful and thorough assessment of the traumatic brain injury or other brain disorder is vital to find the best way to help your child - whatever the cause or the diagnosis.

In the months ahead

The long-term effects of a brain injury may not be evident for some time. Some may show up only years down the track, when the child is challenged to learn increasingly complex skills and deal with more complex situations. Any of the following changes suggest the need for a thorough assessment to determine how best to help the young person:

- Difficulty with new school work or activities
- Problems in concentrating and remembering instructions
- Slowness in thinking about new things
- Less ability to join in familiar games and activities
- Difficulties understanding what's said or following a conversation
- Decreased ability to re-tell the day's events or find the right word
- Inappropriate sexual discussions or activities.

Talking to doctors & other professionals

If you are concerned about any of these symptoms in your child, or if there is any question of a possible brain injury, tell your doctor of your concerns. The doctor will normally examine your child and may make a referral to a specialist doctor such as a neurologist, rehabilitation specialist or pediatrician. Other specialists who may be involved in assessment include a neuropsychologist, speech pathologist, physiotherapist and/or occupational therapist.

If possible, provide the doctor or specialist with the following information:

- When your child was hurt, injured or ill, and what happened
- What was done in the Emergency Department
- The name of any doctor who treated your child
- The changes you've seen in the child
- Problems your child is having in school, with friends or at home - you may need to contact teachers and get feedback from friends
- Examples of how your child seems different now
- What you do to help your child.

References: <http://synapse.org.au/information-services/>

Almost half of people with concussion still show symptoms of brain injury six months later

by University of Cambridge

Even mild concussion can cause long-lasting effects to the brain, according to researchers at the University of Cambridge. Using data from a Europe-wide study, the team has shown that for almost a half of all people who receive a knock to the head, there are changes in how regions of the brain communicate with each other, potentially causing long term symptoms such as fatigue and cognitive impairment.

Mild traumatic brain injury—concussion—results from a blow or jolt to the head. It can occur as a result of a fall, a sports injury or from a cycling accident or car crash, for example. But despite being labeled 'mild,' it is commonly linked with persistent symptoms and incomplete recovery. Such symptoms include depression, cognitive impairment, headaches, and fatigue.

While some clinicians in recent studies predict that nine out of 10 individuals who experience concussion will have a full recovery after six months, evidence is emerging that only a half achieve a full recovery. This means that a significant proportion of patients may not receive adequate post-injury care.

Predicting which patients will have a fast recovery and who will take longer to recover is challenging, however. At present, patients with suspected concussion will typically receive a brain scan—either a CT scan or an MRI scan, both of which look for structural problems, such as inflammation or bruising—yet even if these scans show no obvious structural damage, a patient's symptoms may still persist.

Dr. Emmanuel Stamatakis from the Department of

Clinical Neurosciences and Division of Anesthesia at the University of Cambridge said, "Worldwide, we're seeing an increase in the number of cases of mild traumatic brain injury, particularly from falls in our aging population and rising numbers of road traffic collisions in low- and middle-income countries."

"At present, we have no clear way of working out which of these patients will have a speedy recovery and which will take longer, and the combination of over-optimistic and imprecise prognoses means that some patients risk not receiving adequate care for their symptoms."

Dr. Stamatakis and colleagues studied fMRI brain scans—that is, functional MRI scans, which look at how different areas of the brain coordinate with each other—taken from 108 patients with mild traumatic brain injury and compared them with scans from 76 healthy volunteers. Patients were also assessed for ongoing symptoms.

The patients and volunteers had been recruited to CENTER-TBI, a large European research project which aims to improve the care for patients with traumatic brain injury, co-chaired by Professor David Menon (head of the division of anesthesia).

In results published in *Brain*, the team found that just under half (45%) were still showing symptoms resulting from their brain injury, with the most common being fatigue, poor concentration and headaches.

The researchers found that these patients had abnormalities in a region of the brain known as the thalamus, which integrates all sensory

information and relays this information around the brain. Counter-intuitively, concussion was associated with increased connectivity between the thalamus and the rest of the brain—in other words, the thalamus was trying to communicate more as a result of the injury—and the greater this connectivity, the poorer the prognosis for the patient.

Rebecca Woodrow, a Ph.D. student in the Department of Clinical Neuroscience and Hughes Hall, Cambridge, said, "Despite there being no obvious structural damage to the brain in routine scans, we saw clear evidence that the thalamus—the brain's relay system—was hyperconnected. We might interpret this as the thalamus trying to over-compensate for any anticipated damage, and this appears to be at the root of some of the long-lasting symptoms that patients experience."

By studying additional data from positron emission tomography (PET) scans, which can measure regional chemical composition of body tissues, the researchers were able to make associations with key neurotransmitters depending on which long-term symptoms a patient displayed.

For example, patients experiencing cognitive problems such as memory difficulties showed increased connectivity between the thalamus and areas of the brain rich in the neurotransmitter noradrenaline; patients experiencing emotional symptoms, such as depression or irritability, showed greater connectivity with areas of the brain rich in serotonin.

Dr. Stamatakis, who is also Stephen Erskine Fellow at Queens' College, Cambridge, added, "We know that there already drugs that target these brain chemicals so our findings offer hope that in future, not only might we be able to predict a patient's prognosis, but we may also be able to offer a treatment targeting their particular symptoms."



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
- Brain Injury 101
- Trauma Informed Care
- 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!

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



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Susan Hunter
Executive Director

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Fax: 503-581-4320

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www.windsorplacesalem.org

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contact David Dubats
Info@secondstepinc.com
Secondstepinc.com 877-299-STEP (7837)



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

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Eugene, OR 97401

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You Have a Right to Justice



Research Opportunity: Have you had a brain injury & have ongoing attention and memory challenges?

We are looking for individuals in Oregon, California or Virginia to participate in a research study evaluating the best way to administer a series of attention/memory training drills and train in the use of phone apps to support cognitive challenges.

Eligibility Criteria

- Individuals who sustained an acquired brain injury
- Injury occurred at least one year ago
- Individuals 21 and older
- Moderate to severe attention/memory challenges
- No language deficits (aphasia)
- Ability to follow auditory & visual instructions
- Ability to participate in Zoom sessions
- Access to a smartphone

Participation Involves

- Participation in a series of cognitive rehabilitative treatment sessions
- Sessions will be conducted over Zoom
- Estimated to occur over 30 days

Potential Benefits

- Developing a better understanding of your cognitive skills & potential performance improvements

Participants who complete the entire study will receive a \$200 gift card

IF INTERESTED, FOR MORE INFORMATION CONTACT:
Claire Rondeau | crondeau@uoregon.edu

Brain Injury Fundamentals

Practical Training Workbook



BRAIN INJURY ASSOCIATION OF AMERICA

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
- Brain injury and behavior
- Medical complications
- Safe medication management
- 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.

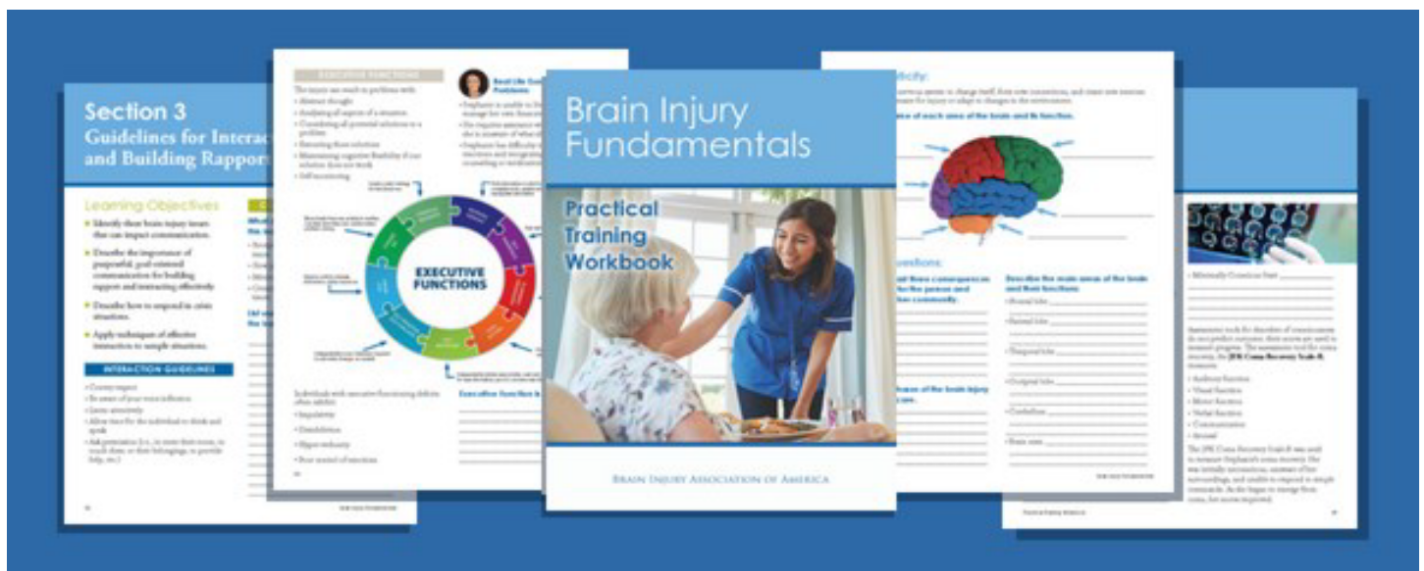
The Brain Injury Fundamentals course is comprehensive and flexible enough to be incorporated as an organization's on-boarding program for direct care staff, or used as a stand-alone training in healthcare and community facilities. The course will be taught by ACBIS trainer, Sherry Stock, ABD/PhD, CBIST, who has more than 20 years' experience in the field.

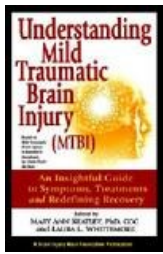
After completing intensive training, candidates will receive a certificate that is valid for three years. To learn more about the application process contact Sherry Stock at BIAOR sherry@biaoregon.org. 800-544-5243 or 503-740-3155

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. **Additional Costs of Trainings may apply** for trainer outside the greater Portland area may apply covering per diem and travel costs.



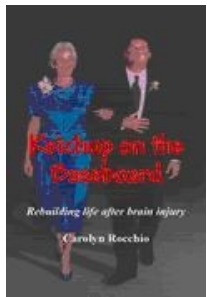
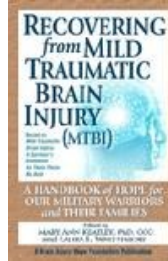


Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery

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 \$23.00

Recovering from Mild Traumatic Brain Injury A handbook of hope for military and their families. Edited by Mary Ann Keatley, PhD and Laura L. Whittemore

This clear and concise handbook speaks to our Wounded Warriors and their families and helps them navigate through the unknown territory of this often misunderstood and unidentified injury. It provides an insightful guide to understanding the symptoms, treatment options and redefines "Recovery" as their new assignment. Most importantly, the intention of the authors is to inspire hope that they will get better, they will learn to compensate and discover their own resiliency and resourcefulness. \$23.00

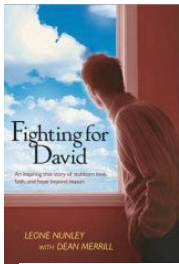
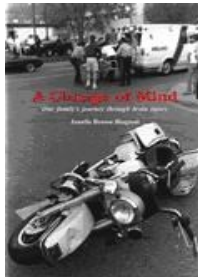


Ketchup on the Baseboard

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. \$25

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

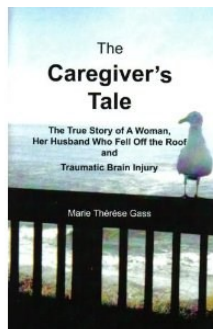


Fighting for David

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. \$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



BIAOR Membership Become a Member Now

Brain Injury Alliance of Oregon

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☐ Professional \$100 ☐ Sustaining \$200 ☐ Corporation \$300
☐ Lifetime \$5000

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

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Resources

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> (800)-282-8096

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-waivers/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

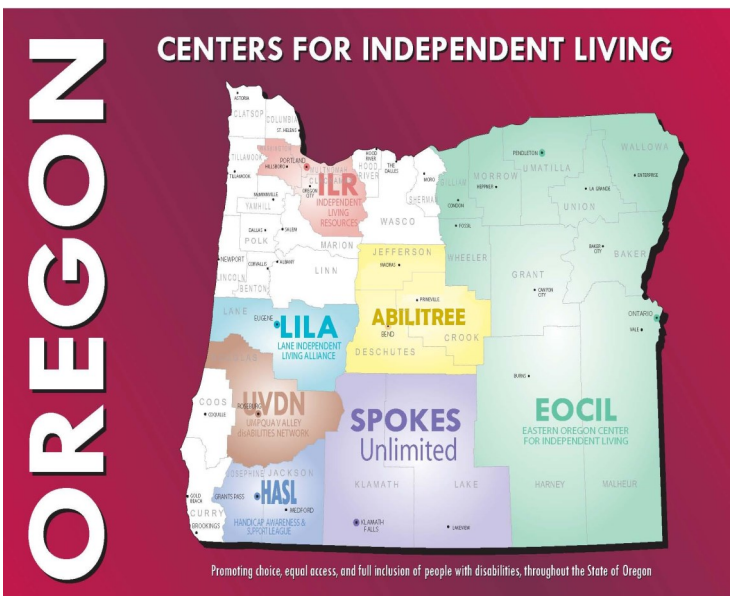
Northwest ADA Center - Oregon

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

Oregon Centers for Independent Living

Contact List

CIL	LOCATION	COUNTIES SERVED
ABILITREE IL Director: Greg Sublette	2680 NE Twin Knolls Dr Bend, OR 97702 1-541-388-8103	Crook, Deschutes, Jefferson
EOCIL (Eastern Oregon Center for Independent Living) Director: Kirt Toombs	322 SW 3 rd Suite 6 Pendleton, OR 97801 (541) 276-1037 1-877-711-1037	Gilliam, Morrow, Umatilla, Union, Wheeler
	400 E Scenic Dr., Bld 2; 3rd Floor; Ste 2 The Dalles, OR 97058 541-370-2810 1-855-516-6273	Columbia, Hood River, Sherman, Wasco
	1021 SW 5th Avenue Ontario, OR 97914 (541) 889-3119 or 1-866-248-8369	Baker, Grant, Harney, Malheur, Wallowa
	Institute for Disability Studies and Policy (IDSP) 51 West Washington St Burns, OR 97720 (541) 370-2810, Ext 401 Email: eocil@eocil.org	
HASL (Independent Abilities Center) Director: Randy Samuelson	305 NE "E" St. Grants Pass, OR 97526 (541) 479-4275	Josephine, Jackson, Curry, Coos, Douglas
LILA (Lane Independent Living Alliance) Director: Sheila Thomas	20 E 13th Ave Eugene, OR 97401 (541) 607-7020	Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln
ILR (Independent Living Resources) Director: Barry Fox-Quamme	1839 NE Couch Street Portland, OR 97232 (503) 232-7411	Clackamas, Multnomah, Washington
SPOKES UNLIMITED Director: Curtis Raines	1006 Main Street Klamath Falls, OR 97601 (541) 883-7547	Klamath
	SPOKES Lakeview Branch Office 100 North D St, Lakeview, OR 97630 541-947-2078 (voice)	Lake
UVDN (Umpqua Valley disAbilities Network) Director: Matt Droscher	736 SE Jackson Street, Roseburg, OR 97470 (541-672-6336	Douglas



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 Team www.cbirt.org/oregon-tbi-team/
Melissa McCart 541-346-0597
tbiteam@uoregon.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.thehellofoundation.com

LEARNet

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

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

www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82
<http://brainist.com/>

Home-Based Cognitive Stimulation Program
<http://main.uab.edu/tbi/show.asp?durki=49377&site=2988&return=9505>

Sam's Brainy Adventure

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

Neurobic Exercise

www.neurobics.com/exercise.html

Brain Training Games from the Brain Center of America

www.braincenteramerica.com/exercises_am.php



Brain Injury Alliance
WASHINGTON

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

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

Want to Return to Work? - Pathways to Independence, Oregon

Kathy Holmquist, 503-240-8794 Kathy@pathwaysto.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](http://1901.Esther.St.Newberg.OR.97132) (503) 554-4300
www.hazeldenbettyford.org
Serenity Lane, [10920 SW Barbur Blvd Ste 201, Portland, OR 97219](http://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 1-888-610-8764 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

Resources

Need Help with Health Care?

Affordable Naturopathic Clinic in Southeast Portland

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

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

The clinic is located at:

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

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

Oregon Health Connect: 855-999-3210

Oregonhealthconnect.org Information about health care programs for people who need help.

Project Access Now 503-413-5746 Projectaccessnnow.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.

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.

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

Assistance

Financial, Housing, Food, Advocacy

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

Long Term Care Ombudsman - Fred Steele, JD,
fred.steele@ltco.state.or.us, 1-800-522-2602 503-983-5985 Mult County: 503-318-2708

Oregon Public Guardian Ombudsman - 844-656-6774

Oregon Health Authority Ombudsman - Ellen Pinney
Ellen.Pinney@state.or.us 503-947-2347 desk 503-884-2862 cell 877-642-0450 toll-free

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

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

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

Housing

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

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
- Attainment of income through employment or accessing benefits.

Tammy Greenspan Head

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

Valuable Websites

www.iCaduceus.com: The Clinician's Alternative, web-based alternative medical resource.

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

www.headinjury.com/ - information for brain injury survivors and family members

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

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

http://apps.usa.gov/national-resource-directory/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

Brain Injury Support Groups

Zoom Support Groups

**Evening Group for Survivor/family and caregiver,
2nd Tuesday of the month from 7-8:30 pm**

Topic: PNW Survivor/Caregiver Support Group
Time: 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

**More information and to register contact Claire
Darling <claire@clairedarlinglmt.com>**

<https://8x8.vc/cleverclaire/claire>

Caregivers only countrywide by Zoom.

2nd & 4th Sunday each month

4:30pm to 5:45pm (Pacific Time)

Tom Gallup, (Andrew's Dad) 301-502-8420

tpgallup@comcast.net

www.severebicaregivers.com

Beaverton

Circle of Support

Brain Injury Survivors, Stroke Victims & their Caregivers

4th Saturday 10:00 am - 11:30 pm

Elsie Stuhr, Cedar Room

5550 SW Hall, Beaverton, OR 97005

Bend

Abilitree Cross-Disability Support Groups

We provide support groups and courses for individuals
experiencing any kind of disability.

contact Abilitree for more information

Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701

Brooke Eldridge 541.388.8103 extension 209

brookee@abilitree.org

Abilitree Moving A Head Support Group

1st & 3rd Thursday 5:00 to 6:30 pm

Survivors of Traumatic Brain Injuries (Family Members &
Caregivers Invited)

Abilitree | 2680 NE Twin Knolls Drive, Suite 150 Bend,
OR 97701

Brooke Eldridge 541.388.8103 extension 209

brookee@abilitree.org

Corvallis

STROKE SUPPORT GROUP

1st Tuesday 1:30 to 3:00 pm

Church of the Good Samaritan Lng

333 NW 35th Street, Corvallis, OR 97330

Call for Specifics: Josh Funk

541-768-5157 jfunk@samhealth.org

Brain Injury Support Group

Currently with Stroke Support Group

Church of the Good Samaritan Lng

333 NW 35th Street, Corvallis, OR 97330

Call for Specifics: Josh Funk

541-768-5157 jfunk@samhealth.org

Coos Bay (2)

Traumatic Brain Injury (TBI) Support Group

2nd Saturday 3:00pm – 5:00pm

Kaffe 101, 171 South Broadway

Coos Bay, OR 97420 tbicbsupport@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, Aug., Oct. Dec.

5 pm - 8 pm

Potluck Social - Bring your favorite food and a
friend! Rolls, punch, tableware are provided.

Monte Loma Mobile Home Rec Center

2150 Laura St., Springfield, OR 97477

541-741-0675 headbangerspotluck@gmail.com

BIG (BRAIN INJURY GROUP)

Tuesdays 11:00am-1pm

Hilyard Community Center

2580 Hilyard Avenue, Eugene, OR. 97401

Rosko Wright 619-987-3124

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 (2)

Family Caregiver Discussion Group

4th Wednesday, 7-8:30 PM

(there will be no group in August)

Lake Oswego Adult Community Center

550 G Avenue, Lake Oswego, OR 97034

Shemaya Blauer, 503-816-6349

hemaya_toyou@yahoo.com

Medford

Southern Oregon Brainstormers Support & Social Club

1st Tuesday 3:30 pm to 5:30 pm

Lion's Sight & Hearing Center

228 N. Holly St (use rear entrance)

Lorita Cushman 541-621-9974

loritabiaoregon@aol.com

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

braininjuryhelporg@yahoo.com

**Sometimes we are not
notified about changes to
schedules. Please contact
the support group to verify
that it is meeting at the
listed time and place.**

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@braininjuryconnectionsno.org

BRAINSTORMERS II

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

Survivor self-help group

Emanuel Hospital Medical Office Building West Conf Rm

2801 N Gantenbein, Portland, 97227

Steve Wright stephenmwright@comcast.net

503-816-2510

CROSSROADS (Brain Injury Discussion Group)

2nd and 4th Friday, 1-3 pm

Independent Living Resources

1839 NE Couch St, Portland, OR 97232

503-232-7411

Must Be Pre-Registered

Doors of Hope - Spanish Support Group

3rd Tuesday 5:30 -7:30pm

Providence Hospital, 4805 NE Glisan St, Portland,

Rm HCC 6

503-454-6619 grupodeapoyo@BIRRDsong.org

Please Pre-Register

PARENTS OF CHILDREN WITH BRAIN INJURY

Wednesdays: 10:00-12:00

Currently combined with THRIVE SUPPORT GROUP/ FAMILY
SUPPORT GROUP

Contact for further information

braininjuryhelp@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: afripath@gmail.com **MUST BE PRE-REGISTERED**

THRIVE SUPPORT GROUP

Family and Parent Coffee in café

Wednesdays: 10:00-12:00

Brain Injury Survivor support group ages 15-25

Currently combined with FAMILY SUPPORT GROUP/

PARENTS OF CHILDREN WITH BRAIN INJURY SUPPORT
GROUP

Contact for further information

braininjuryhelp@yahoo.com Pat Murray 503-752-6065 or Call

Michael Jensen 503-804-4841 happieheads@gmail.com

MUST BE PRE-REGISTERED

TBI SOCIAL CLUB

2nd Tuesday 11:30 am - 3 pm

Pietro's Pizza, 10300 SE Main St, Milwaukie OR 97222

Lunch meeting- Cost about \$6.50

Michael Flick, 503-775-1718

MUST BE PRE-REGISTERED

Redmond (1)

Stroke & TBI Support Group

Coffee Social including free lunch

2nd & 4th Thursday 10:30-1 pm

Lavender Thrift Store/Hope Center

724 SW 14th St, Redmond OR 97756

Call Darlene 541-390-1594

Roseburg

UMPQUA VALLEY DISABILITIES NETWORK

on hiatus

Salem (3)

SALEM BRAIN INJURY SUPPORT GROUP

4th Thursday 4pm-6pm

Minds In Motion Initiative 2870 Broadway Street NE,
Salem, OR 97303

Megan Snider 971-977-3688

msnider@oregonminds.org

location varies depending on the activity. Please call or
email Meg Snider for details

SALEM COFFEE & CONVERSATION

Fridays 11-12:30 pm

Ike Box Café

299 Cottage St, Salem OR 97301

Megan Snider 971-977-3688

msnider@oregonminds.org

Women's Chat

2nd Tuesday, 10:30-12 pm

Ike Box Café

299 Cottage St, Salem OR 97301

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 swerdses@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 Hosp.

1221 Highland Ave, Clarkston, WA

Deby Smith (509-758-9661; biaqcedby@earthlink.net)

Stevens County TBI Support Group

1st Tuesday of each Month 6-8 pm

Mt Carmel Hospital, 982 E. Columbia, Colville, WA

Craig Sicilia 509-218-7982; craig@tbiwa.org

Danny Holmes (509-680-4634)

Moses Lake TBI Support Group

2nd Wednesday of each month, 7 p.m.

Samaritan Hospital

801 E. Wheeler Rd # 404, Moses Lake, WA

Jenny McCarthy (509-766-1907)

Pullman TBI Support Group

3rd Tuesday of each month, 7-9p.m.

Pullman Regional Hospital, 835 SE Bishop Blvd, Conf
Rm B, Pullman, WA Alice Brown (509-338-4507)

Pullman BI/Disability Advocacy Group

2nd Thursday of each month, 6:30-8:00p.m.

Gladish Cultural Center, 115 NW State St., #213

Pullman, WA Donna Lowry (509-725-8123)

SPOKANE, WA

Spokane TBI Survivor Support Group

2nd Wednesday of each month 7 p.m.

St.Luke's Rehab Institute

711 S. Cowley, #LL1,

Craig Sicilia (509-218-7982; craig@tbiwa.org)

Michelle White (509-534-9380; mwhite@mwhite.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;

mmwhite@mwhite.com)

*TBI Self-Development Workshop

"reaching my own greatness" *For Veterans

2nd & 4th Tues. 11 am- 1 pm

Spokane Downtown Library

900 W. Main Ave., Spokane, WA

Craig Sicilia (509-218-7982; craig@tbiwa.org)

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 (509-868-5388)

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

Treasure Valley Brain Injury Support Group

When: Meets every 4th Thursday of the month | 6-8pm.

The support group takes a break during the summer from May-July.

Where: St Luke's Rehabilitation Hospital | 600 N Robbins Rd., Boise

Greg Meyer: 208-385-3013 | meyergre@slhs.org

CHECK US OUT ON FACEBOOK

under Treasure Valley Brain Injury Support Group

Stroke Support Group for Caregivers and Survivors

When: First Thursday of every month 2-3:30pm.

Where: Saint Alphonsus | Coughlin 1 Conference Room

Meridian Area

Stroke Support Group

When: 3rd Thursday of each month | 2-3:30pm

Where: St Luke's Meridian

Contact: 208-381-9383 | stroke@slhs.org

Nampa/Caldwell Area

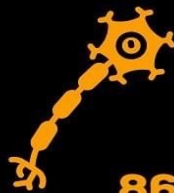
Stroke and Brain Injury Support Group for Survivors and Caregivers

When: First Tuesday of every month | 4-5pm

Where: St. Alphonsus Nampa Medical Center on Garrity | Haglin

Conference Room | 4402 E. Flamingo Ave., Nampa

YOUR BRAIN IN NUMBERS



**86
BILLION**

NUMBER OF
NEURONS IN THE
HUMAN BRAIN



**85
BILLION**

NUMBER OF NON-NEURONS
IN THE HUMAN BRAIN
(GLIAL CELLS)



**60
BILLION**

NUMBER OF
CONNECTIONS IN THE
HUMAN BRAIN





The Brain Injury Alliance of Oregon (BIAOR)
AKA the Brain Injury Association of Oregon
PO Box 549, Molalla OR 97038-0549

Vehicle Donations



Vehicle Donation Program

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.com/org/?id=930900797>



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and Coordination of Care and Services -
Expert Witness

Karen Campbell, BA
Extreme Behavioral Specialist
971-227-4350
BrainLogisticsLLC@gmail.com

Sherry Stock, ABD/PhD CBIST
Neurogerontologist
503-740-3155
Fax: 503-961-8730



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1-888-883-1576
www.tdinjurylaw.com



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Sexual Harassment/Abuse
Aviation Accidents
Legal Malpractice

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

Sherry Stock, ABD/PhD MS CBIST
CEO 800-544-5243

Jeri Cohen, JD, Director, 503-732-8584

Resource Facilitation—Peer Mentor
Becki Sparre 503-961-5675

*Meetings by Appointment only
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