



The Newsletter of the Brain Injury Alliance of Oregon

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## *This app saved my life!*



Kathy Moeller Herried, retired Brain Injury Specialist, brain injury survivor and cognitive skills trainer found herself helpless, hopeless and alone in an Oregon nursing home last year. The iPhone application she was building saved her life. This is her story!

After contracting Covid last year, I was given one option – that was to be transported 30 miles from Providence Hospital in Medford to a “skilled” nursing facility in Grants Pass, Oregon.

***Being in this facility damn near killed me!*** I ended up checking myself out – against medical advice – because I could not get the care I needed to regain my pre-Covid muscle strength.

Covid had weakened my arms and legs to the point where I needed assistance with most all of my ADLs (Activities of Daily Living).

Despite the unanswered screams for “help” I heard from other patients all night the first night, I had hoped tomorrow would be a better day. ***It was not!*** You see, the facility’s computer was down, and I could not get the Parkinson’s medication I needed... and that was just the first problem! There were many more...

Care was sporadic. I entertained myself by making notes in my iPhone application. By “my” I mean the one I was designing for individuals like me, who had brain injury.

I was Helpless from Covid

I was Hopeless being stuck in an Oregon nursing home with:

- TBI
- Parkinson’s
- Dysarthria

## ***Let Me Check My Notes®***

I have been teaching cognitive skills for over 30 years, but nothing prepared me for the helplessness of being confined in a “facility,” often not being able to communicate. ***It’s the fear many of us have as we get older!***

As helpless as I felt, the one thing I had was the iPhone I was using to design a memory app the new non-profit company I was working for was helping me build. With it I could:

- Track my missed medications
- Avoid bedsores by tracking when staff did and did not help me turn over in bed
- Report my “missing” property

I could not be dismissed with “How can you know this? ***You have a memory problem!*** Yes, but I also have a “**memory solution.**”

My life’s work has been to help individuals with memory challenges get back to work. It is now it is to help all of us stay ***ALIVE!***

***Donations gratefully accepted at***  
[www.LetMeCheckMyNotes.org/donate](http://www.LetMeCheckMyNotes.org/donate)

**Brain Injury Alliance of Oregon  
Board of Directors**

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**Headliner DEADLINES**

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

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

We have our Annual Conference by Zoom—March 9-10. Information is on the website and on pages 8-9. We will have speakers covering many topics including how to work with severe brain injury, support groups discussing how their groups are helping them—both caregivers and survivors, current research regarding walking and brain stimulation using Second Step walker see page 27, water walking and water aerobics and how it has helped individuals walk again—one woman had not walked in 26 years and was walking in the water, to name just a few of the presentations. We also want to highlight Ride The Rapids page 13, Michael Bergmann will be presenting on this at the conference.

Please contact us if you have any questions..

Be safe, you are not alone.

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

**Winter 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 an Attorney

Paul Braude, Find Injury Law, 888-888-6470  
[p@findinjurylaw.com](mailto:p@findinjurylaw.com) [www.findinjurylaw.com](http://www.findinjurylaw.com)

### Nevada

Tim Titolo, Titolo Brain Injury Law, Las Vegas 702-869-5100  
[tim@titololaw.com](mailto:tim@titololaw.com) <http://titololaw.com/>

### Oregon

‡ Paulson Coletti, John Coletti, Jane Paulson Portland, 503.226.6361 [www.paulsoncoletti.com](http://www.paulsoncoletti.com)  
‡ Tom D'Amore, D'Amore & Associates, Portland 503-222-6333 [www.damorelaw.com](http://www.damorelaw.com)  
‡ Dr. Aaron DeShaw, Portland 503-227-1233  
[www.deshawlaw.com](http://www.deshawlaw.com)  
‡ Bill Gaylord, Gaylord Eyerman Bradley, PC, Portland 503-222-3526 [www.gaylordeyerman.com](http://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](http://www.RoyDwyer.com)

### Eugene

† Derek Johnson, Johnson, Clifton, Larson & Schaller, P.C., Eugene 541 484-2434  
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Charles Duncan, Eugene, 800-347-4269  
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Theresa Hollis, Fitzwater Law, Portland, 503.786.8191 [fitzwaterlaw.com](http://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 Ruben, 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](http://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](mailto: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](http://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](mailto: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/](http://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](mailto: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](mailto: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 Willowa 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 - JamiQuan Rudd, MSW, jamiquanr@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@optionsonline.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, Firis 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](http://www.portlandalternativemedicine.com)

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

± Steve Janselewitz, 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](http://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](http://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](http://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](mailto:msenn@neuronotestherapy.com) 971-253-9113 [www.neuronotestherapy.com](http://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](http://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](mailto:msenn@neuronotestherapy.com) 971-253-9113  
[www.neuronotestherapy.com](http://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](mailto:danapen@comcast.net)

Robyn Weiss, Neuro Consult Group LLC, WA, 425-890-  
-1481 [neuroconsultgroup@gmail.com](mailto: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](http://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](mailto: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](mailto: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](mailto:BrainLogisticsLLC@gmail.com)**

Robyn Weiss, Neuro Consult Group, LLC 425-890-  
1981 [neuroconsultgroupllc@gmail.com](mailto: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](mailto: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](mailto:roger@coldstream.com) [www.coldstream.com](http://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](mailto: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](mailto: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](mailto: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](http://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](http://secondstepinc.com)

Rockinoggins - Helmet Covers Elissa Skerbinc Heller  
[www.rockinoggins.com](http://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](mailto:orvfwqh@gmail.com), [vfwor.org](http://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/](http://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  
donated flights to people in need and providing them  
safe passage to and from medical care. 310 390-  
2958 or email us at [info@angelflightwest.org](mailto:info@angelflightwest.org).

### Major Donors and Supporters

Allison Cook,

Chuck McGilvary

William Powers, Lake Oswego

Dr. Amy Ream, Portland

### Camping and Rafting Annual Trip Donors and Sponsors

All Care Management Services, LLC 1701 Ne 7th St,  
Grants Pass, 97526-1319, OR 541-471-4106

Insurance Lounge, Inc - 800-211-8660 [https://  
insurancelounge.com](https://insurancelounge.com)

Southern Oregon Subaru 541-245-2000 -  
[www.sosubaru.com/](http://www.sosubaru.com/)

Vape Guys Vapors, LLC 1024 Court St Medford OR  
97501

Banner Bank [www.bannerbank.com](http://www.bannerbank.com)

Pam Dryer Lake Oswego

The Goldsmith's, Medford

### Names in bold are BIAOR Board members

† Corporate ‡ Gold £ Non-Profit Δ 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**  
2 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

# PTSD IS NOT A MENTAL ILLNESS - IT IS A PSYCHOLOGICAL INJURY

## HOW DOES YOUR BRAIN CHANGE WITH PTSD?



### HIPPOCAMPUS SHRINKS

THIS AREA HELPS US DISTINGUISH BETWEEN PAST AND PRESENT MEMORIES



### INCREASED ACTIVITY IN THE AMYGDALA

HELPS US PROCESS EMOTIONS AND IS ALSO LINKED TO FEAR RESPONSES



### VENTROMEDIAL PREFRONTAL CORTEX SHRINKS

THIS REGION REGULATES NEGATIVE EMOTIONS THAT OCCUR WHEN CONFRONTED WITH SPECIFIC STIMULI

## 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** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

### 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: \_\_\_\_\_

# MARCH IS BRAIN INJURY AWARENESS MONTH

A Traumatic Brain Injury (or TBI) is a result of a blow or jolt to the head which disrupts normal functioning of the brain.

## 45%

of all injury-related deaths are due to a TBI \*

\* Calicut et al., 2019



9 out of 10 TBIs are mild \*\* (concussions)

\*\* WHO, Neurological Disorders, 2006

## TBI Severity

Mild	Moderate	Severe
Brief or no loss of consciousness (concussion)	Loss of consciousness for 1-24 hours	Loss of consciousness or coma for more than 24 hours

## TBI Symptoms



Changes in cognitive function



Changes in motor function



Emotional and behavioral issues

## WHAT CAN I DO?



PROTECT yourself and your loved ones.



RECOGNIZE the signs of TBI and seek treatment.



UNDERSTAND that each TBI is unique and can be experienced differently.



ADVOCATE for a loved one with TBI.



For more information, visit [www.medicortex.fi](http://www.medicortex.fi)

## Fred Meyer Community Rewards - Donate to BIAOR

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

Link your Rewards Card to the Brain Injury Association of Oregon

at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

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



Kathy Moeller Herried

Creator, *Let Me Check my Notes*®

Website: [www.LetMeCheckMyNotes.org](http://www.LetMeCheckMyNotes.org)

E-mail: [KathyM@LetMeCheckMyNotes.org](mailto:KathyM@LetMeCheckMyNotes.org)

Cell: 541.840.7282

*Tools for Individuals with Cognitive Challenges*

## ARE YOU A MEMBER?

The Brain Injury Alliance of Oregon relies on your membership dues and donations to operate our special projects and to assist families and survivors. Many of you who receive this newsletter are not yet members of BIAOR. If you have not yet joined, we urge you to do so. It is important that people with brain injuries, their families and the professionals in the field all work together to develop and keep updated on appropriate services. Professionals: become a member of our Neuro-Resource Referral Service. Dues notices have been sent. Please remember that we cannot do this without your help. Your membership is vitally important when we are talking to our legislators. For further information, please call 1-800-544-5243 or email [biaor@biaoregon.org](mailto:biaor@biaoregon.org). See page 22 to sign up.

**22st Annual Pacific Northwest & 41th Annual Medical Legal  
Brain Injury Webinar Conference  
By Zoom  
March 9-10, 2024**

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*WHAT DO MEDICAL PROFESSIONALS NEED TO KNOW ABOUT  
BRAIN INJURY*

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Hosted By:  
Brain Injury Alliance of Oregon (BIAOR)  
Brain Injury Alliance of Idaho (BIAID)





## Registration Form

22st Annual Pacific Northwest Brain Injury Conference March 9-10, 2024 41th Annual BIAOR Medical Legal Conference  
*Living with Brain Injury, Stroke and Other Neurological Changes*

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

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

First Name		Last Name	
Badge Name	Affiliation/Company		
Address	City	State	Zip
Phone	Fax	Email	

Please check all that apply:  I am interested in volunteering at the conference. Please call me.  Call me about sponsorship/exhibitor opportunities.

### Virtual Conference Dates and Times

March 9-10, 2024

9-9:50 am 10-10:50 am 11-11:50 am 12:30-1:20 pm 1:30-2:20 pm 2:30-3:20 pm 3:30-4:20 pm 4:30-5:30 pm

**Professional Registration fees include:** webinars \$50 per session up to \$200 which covers all sessions including CEUs **There are no refunds, but registration is transferable.** Contact BIAOR, 800-544-5243 for more information or questions. The following fees are per person:

	Member	Non-Member	
<input type="checkbox"/> <b>VIP Special (CEUs)</b> — 2 Days of Conference March 9-10 <b>Recording on Flash Drive included</b>	\$200	\$300	\$
<input type="checkbox"/> <b>Professional (CEUs) 1 Class One Class</b>   March 9-10	\$50	\$75	\$
<input type="checkbox"/> <b>Professional (CEUs) 2 Classes:</b> March 9-10	\$100	\$125	\$
<input type="checkbox"/> <b>Professional (CEUs) 3 Classes:</b> March 9-10	\$150	\$175	\$
<input type="checkbox"/> <b>One Class—Survivor/Family (no CEUs)</b> March 9-10	\$5	\$10	\$
<input type="checkbox"/> <b>Two Classes—Survivor/Family (no CEUs)</b> March 9-10	\$10	\$20	\$
<input type="checkbox"/> <b>Three or More Classes—Survivor/Family (no CEUs)</b> March 9-10	\$15	\$30	\$
<input type="checkbox"/> <b>Membership</b> Professional \$100 <input type="checkbox"/> Family \$50 <input type="checkbox"/> Basic \$35 <input type="checkbox"/> Survivor \$5 <input type="checkbox"/>			\$
<input type="checkbox"/> <b>Scholarship Contribution</b> (donation to assist in covering the cost of survivors with limited funds)			\$

Credit Card Number \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Exp Date \_\_\_\_ / \_\_\_\_ Sec code \_\_\_\_

Signature \_\_\_\_\_ Pre-conference, Registration Total \$ \_\_\_\_\_

CC Address if different than above \_\_\_\_\_ Zip Code Bill goes to \_\_\_\_\_

(Please add totals from Conference Registration Fee, Membership and Scholarship Contribution for final total costs)

Make Checks out to BIAOR—Mail to: BIAOR, PO Box 549, Molalla OR 97038  
 or fax: 503.961.8730 Phone: 800-544-5243 [www.biaoregon.org/annualconference.htm](http://www.biaoregon.org/annualconference.htm) [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

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

CEUs applied for: AFH, CBIS, SW, OT, SLP, DC, DO, VA. Please contact us if you would like one that is not listed **Total CEU Hours: 16 CEUs**

#### Agenda

9am-10 am	Webinar
10-11 am	Webinar
11-12 pm	Webinar
12-12:30	Break
12:30-1:30pm	Webinar
1:30-2:30pm	Webinar
2:30-3:30pm	Webinar
3:30-4:30pm	Webinar
4:30-5:30pm	Webinar

### How to Register

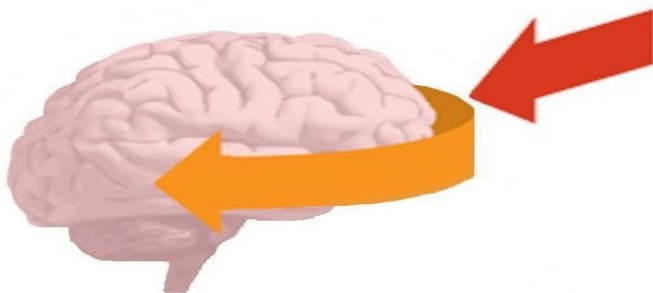
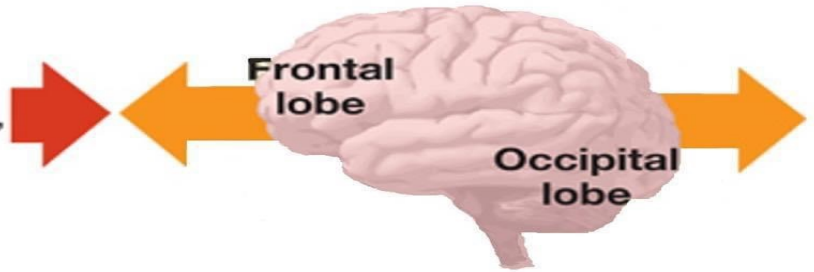
**Register online—[www.biaoregon.org](http://www.biaoregon.org)**  
**Fill out form above and email, fax or mail to BIAOR**  
**Call 503-740-3155 and register over the phone**

# Anatomy of a head injury

There are two types of concussions, defined by the impact forces that create them: linear and rotational. In both kinds, the neurons, brain and central nervous system cells can be stretched and torn.

## Linear

1. Direct impact stops the head's forward motion.
2. The brain keeps moving, colliding with the inside of the skull and injuring the frontal lobe.
3. The brain recoils, crashing into the back of the skull and injuring the occipital lobe.



## Rotational

A lateral impact, like a cross-punch in boxing, spins the brain on its axis, stretching or tearing neurons.

Source: Centers for Disease Control and Prevention

*There's no place  
for healing  
like home*

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Alaska, Idaho**

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Neuro Rehab**



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  - Adult and Pediatric cases
  - Private, commercial insurance, injured worker cases

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**TRIAL LAWYER**

**2350 NW York St  
Portland, OR 97210**

[www.DoctorLawyer.net](http://www.DoctorLawyer.net)

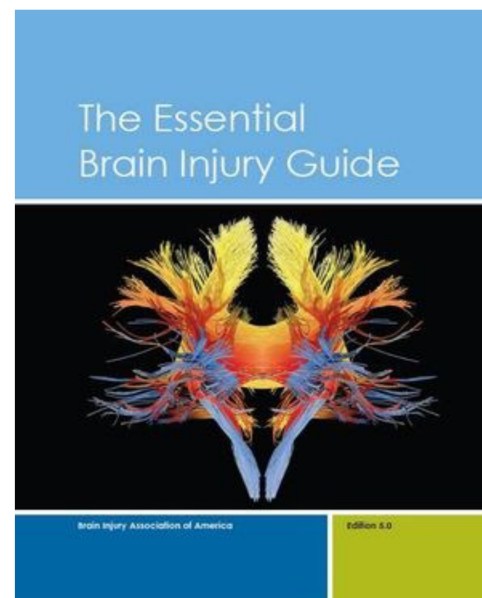
**866-843-3476**

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

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

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

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



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

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

## Cost of participation:

**By Zoom or In-Person**

**\$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](mailto: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](mailto: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 By Zoom—or in Person**

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](mailto: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](mailto: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/>

# RIDE THE RAPIDS

*Deschutes River*

Ride The Rapids Deschutes River is back for a third annual ride! Join us as we wind along the Deschutes River, climb to beautiful vistas, and take on incredible mountain views. This ride support the Maupin Area Chamber Endowment and the Brain Injury Alliance of Oregon.

**MAY 4TH | 61MI | 40MI | 20 MI**



## The Details

May 4th, 2024

Wasco County Fairgrounds

\$50 Registration Fee + \$100 Fundraising Minimum

Kids Ride for \$20 and No Fundraising Minimum



# Cognitive effects of brain injury

Cognitive effects of brain injury are often not visible to others so can be difficult to recognize and understand.

The word 'cognition' refers to the mental processes that take place in our brains that allow us to think and learn. A brain injury can affect any of our cognitive skills, causing difficulties with our ability to think, learn and remember.

While some people can make a good recovery after brain injury, many have long-term cognitive effects, with effects such as memory problems being particularly common. Using things such as diaries, alarms, timers, organizers, and other such aids can help to deal with the cognitive effects of brain injury.

Living with the cognitive effects of brain injury can cause many people to feel like they are 'living life in the slow lane' and this can be upsetting or difficult to adjust to. Quality of life or sense of identity can be affected by the cognitive effects of brain injury. Speak to your GP, neurologist, or rehabilitation team about any cognitive effects of brain injury that you are struggling with, as they may be able to provide a referral to a specialist who can help, such as a clinical neuropsychologist.

Brain injury survivors may struggle with attending to information, especially when there are multiple distractions in the environment. For instance, they may struggle with focusing on a conversation they are having with someone if there is a lot of background noise.

Difficulties with making decisions  
Being able to make decisions may be more difficult for a brain injury survivor. This may relate to simple decisions such as what to wear or have for dinner, or

more complex matters such as decisions relating to finances. It may be difficult for the survivor to consider different options and possible outcomes, or to identify risks associated with decisions.

Difficulties with making decisions can make some brain injury survivors quite vulnerable. There may be legal issues to consider if the person lacks capacity to make decisions in their own best interests.

## Memory problems

There are many different types of memory, any of which can be affected by a brain injury. After brain injury, many people struggle with remembering day-to-day information such as conversations had, or appointments made – this is known as anterograde amnesia. Loss of memories from before the injury is known as retrograde amnesia, and can affect people's ability to remember significant life events such as their wedding day or holidays. Memory problems are one of the most common effects of brain injury because there are several different structures within the brain that are involved in this skill. It can also be one of the most problematic effects of brain injury for people to cope with.

## Executive dysfunction

Executive function is a name for a collection of thinking skills that we use when solving problems, making decisions, planning, and completing tasks, and reflecting on our activity. It involves skills such as planning, motivation, multi-tasking, flexible thinking, monitoring performance, memory, self-awareness, and detecting and correcting mistakes. We rely on many of these executive

function skills on a daily basis, such as cooking a meal, following a conversation, interacting with others, working, studying and planning our day, among other activities. When these skills are affected by brain injury, this is called executive dysfunction. Executive dysfunction can cause problems with aspects of day-to-day functioning, such as:

- Starting or finishing tasks
- Planning ahead
- Making decisions
- Thinking through problems and forming solutions
- Using alternative solutions if needed
- Behaving appropriately and controlling emotions such as anger
- Interacting with others

As these effects are not visible, it is sometimes difficult for others to recognize or understand them. This can be upsetting, frustrating, or embarrassing for some brain injury survivors. On the other hand, some brain injury survivors may themselves be unaware of their executive dysfunction. Returning to work or education may be particularly difficult for survivors with executive dysfunction, as we rely on many of our executive function skills for working and studying, such as multi-tasking, organization, and motivation. Struggling to prioritize, make decisions and complete tasks can also cause challenges.

As well as having difficulties with managing day-to-day life, brain injury survivors with executive dysfunction may find themselves in difficult situations. For example, they may encounter financial problems if they have impulsively spent more money than they ought to have, or they may

*(Continued on page 15)*

*(Continued from page 14)*

accidentally get into trouble with the police.

Difficulties with processing information Information may be difficult for brain injury survivors to focus on or process, which may cause them to take longer to answer questions or react to the environment. This can be particularly challenging if there are distractions such as lots of noise, bright lights, or crowds, for example in a supermarket.

**Problems with feeling motivated**

Brain injury can cause people to lose their sense of ‘get up and go’. They may struggle to begin tasks or finish tasks that have already been started. Other people may misinterpret this behavior as ‘laziness’ without realizing that it can be an effect of brain injury.

**Problems with language**

Difficulties with language or speech are known as aphasia. After a brain injury, there may be problems with ‘finding’ the right word or using language to communicate effectively. While this can be due to physical problems interfering with speech production, there can also be difficulties with the cognitive processes involved in word retrieval and language use.

**Problems with reasoning**

Being able to think information through, weigh up possible consequences and make decisions accordingly can be affected after brain injury. Survivors may be unable to account for their behavior or explain the steps they have taken to come to a decision.

**Problems with insight (self-awareness)**

Brain injury can result in a range of changes. However, sometimes a brain injury survivor may be unaware that these changes have taken place, and they may not recognize or seem to deny them even if they are pointed out - this is referred to as ‘lacking insight’. Issues

with insight can make brain injury survivors vulnerable as they may be unable to recognize situations that could put them at risk.

**Mental capacity issues**

Mental capacity refers to the ability to take information in, weigh it up, and make decisions for ourselves. After a brain injury, some of the core skills that being able to do this relies on (such as memory, decision making and information processing), may be affected so that a survivor lacks capacity to make decisions in their own best interests, possibly putting them in risky situations.

It is a good idea to start by speaking to your GP about any issues you are having as they may be able to refer you to an appropriate service or professional that can help. If you are under the care of a neurologist or rehabilitation team, they may be able to help with managing some of the cognitive effects of brain injury. Clinical neuropsychologists and clinical psychologists with experience in brain injury can often help with the cognitive effects of brain injury. They will often begin by interviewing brain injury survivors and their families to get an understanding of what issues the survivor is experiencing. They may then complete specialist tests known as neuropsychological tests or assessments to assess areas of cognitive impairment. Coping strategies, cognitive techniques and lifestyle changes can be recommended to help cope with the cognitive effects of brain injury. Other professionals with experience in brain injury may also be able to help you cope with the cognitive effects of brain injury.

Living with any of the effects of brain injury can cause a range of emotions. Feelings such as frustration, sadness and worry are all normal emotional reactions to the changes that living life with a brain injury can bring. Professionals such as clinical psychologists, clinical neuropsychologists, or counsellors with

experience in brain injury can help with managing the emotions related to living with the effects of brain injury.

Reach out to your State Brain Injury Association or Alliance and your local Center for Independent Living to learn about support groups and activities that can help and support the individual and their families

Coping with the cognitive effects of brain injury will depend on the types of effects you have. For some types of cognitive effects, using aids such as diaries, organizers, calendars, alarm clocks etc can help.

There may be techniques that your State Brain Injury Association or Alliance and your local Center for Independent Living can recommend and help you work through to redevelop cognitive skills. It is a good idea to start by speaking to your GP about any issues you are having as they may be able to refer you to an appropriate service that can help.

Remember you can get support for living with the effects of brain injury in the following ways:

- Find your nearest Brain Injury group
- Contact the BIAOR helpline.
- Visit the Supporting section of our website.

**When will I recover from the cognitive effects of brain injury?**

The cognitive effects of brain injury may

*(Continued on page 16)*

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

(Continued from page 15)

not be as obvious in the early days of injury and may be more apparent once the brain injury survivor has returned home or attempted a return to work. They may therefore take longer to understand and adjust to than some of the other effects of brain injury.

While cognitive rehabilitation can sometimes help, cognitive effects can last for weeks, months, or even years, or be lifelong and may require adaptations or equipment to cope.

No two experiences of brain injury are

the same, so there are no rules about when you will recover from the cognitive effects of brain injury. Receiving support from suitably qualified professionals can help with the recovery process while using adaptive aids and learning new ways of coping can help to readjust.

## Music and the brain

*Playing and listening to music works several areas of the brain*

### **Corpus callosum:**

Connects both sides of the brain

### **Motor cortex:**

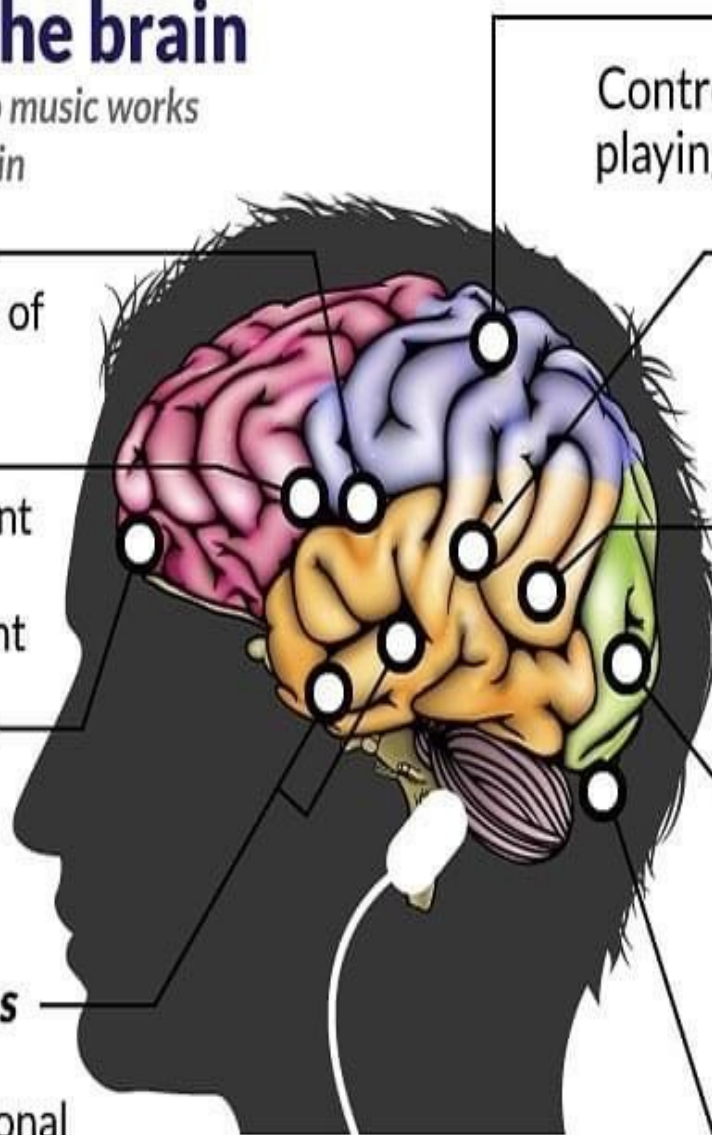
Involved in movement while dancing or playing an instrument

### **Prefrontal cortex:**

Controls behavior, expression and decision-making

### **Nucleus accumbens and amygdala:**

Involved with emotional reactions to music



### **Sensory Cortex:**

Controls tactile feedback while playing instruments or dancing

### **Auditory cortex:**

Listens to sounds; perceives and analyzes tones

### **Hippocampus:**

Involved in music memories, experiences and context

### **Visual Cortex:**

Involved in reading music or looking at your own dance moves

### **Cerebellum:**

Involved in movement while dancing or playing an instrument, as well as emotional reactions



# The Facts About Brain Injury

## A TBI affects how the brain works

A traumatic brain injury, or TBI, is an injury that affects how the brain works. It may be caused by a:

- Bump, blow, or jolt to the head, or
- Penetrating injury (such as from a gunshot) to the head

There are three main types of TBI:

- Mild TBI or concussion
- Moderate TBI
- Severe TBI

## TBI is a major cause of death and disability

There were over 69,000 TBI-related deaths in the United States in 2021.<sup>3</sup> That's about 190 TBI-related deaths every day.

## TBIs affect the lives of people of all ages.

Anyone can experience a TBI, but data suggest that some groups are at greater risk of dying from a TBI or experiencing long-term health problems after the injury.<sup>4</sup> Examples of groups who are more likely to be affected by TBI, include:

- Racial and ethnic minorities
- Service members and Veterans
- People who experience homelessness
- People who are in correctional and detention facilities
- Survivors of intimate partner violence
- People living in rural areas

People most commonly get TBIs from a fall, firearm-related injury, motor vehicle crash, or an assault

Research shows that:

- Falls lead to nearly half of the TBI-related hospitalizations
- Firearm-related suicide is the most common cause of TBI-related deaths in the United States
- Motor vehicle crashes and assaults are other common ways a person may get a TBI

## A TBI may lead to short- or long-term health problems

Depending on the severity of the injury, those who get a TBI may face health problems that last a few days or the rest of their lives. For example, a person with a mild TBI or concussion may experience short-term symptoms and feel better within a couple of weeks or months. And a person with a moderate or severe TBI may have long-term or life-long effects from the injury.

A person with a possible TBI should be seen by a healthcare provider. Your healthcare provider may have treatment to help speed your recovery.

Most people with a mild TBI or concussion can recover safely at home following a medical check-up

People with a moderate or severe TBI may need ongoing care to help with their recovery

## A TBI during childhood may affect brain development

TBI affects children differently than adults. An

injury of any severity to the developing brain may:

- Disrupt a child's development
- Limit their ability to participate in school and other activities, like sports

As a result of a TBI, children may experience changes in their health, thinking, and behavior that affect learning, self-regulation, and social participation, all of which are important to becoming a productive adult.

## TBIs may be missed in older adults

Older adults are more likely to be hospitalized and die from a TBI compared to all other age groups. Still, TBIs may be missed or misdiagnosed in older adults because symptoms of TBI overlap with other medical conditions that are common among older adults, such as dementia.

Healthcare providers should check for signs and symptoms of TBI if an older adult has: Fallen or has a fall-related injury, such as a hip fracture

## Been in a car crash

This is especially important among older adults who are taking blood thinners, such as:

- Anticoagulants like warfarin (Coumadin), rivaroxaban (Xarelto), and apixaban (Eliquis)
- Antiplatelet medications like clopidogrel (Plavix), ticagrelor (Brilinta), and acetylsalicylic acid (Aspirin)

These medicines may increase the risk for bleeding in the brain following a TBI. Bleeding in the brain after a TBI may put a person at risk for more severe injury or death.



**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](mailto:sherry@biaoregon.org) 800-544-5243

## Cognitive Exercises to Help Recover from Traumatic Brain Injury

When your brain is healing, sometimes it's best to start slow. You might be a long way off from doing complex math problems — and that's okay! You can start with the simple ideas and build your way up. One great way to get started on the path to recovery is simply to try something new. This doesn't have to be anything major, like exploring a new city or learning a new language. Instead, start even simpler. Try a new food, or walk home using a different path than usual. Play a game you've never played before. Take a new exercise class. Doing new things gives you the motivation to keep moving forward on the recovery path, even when it's difficult. Not only that but when you have new experiences, your brain actually starts making new neurons.

### **Pay Attention to Your Food**

As you try new foods or even things you've had before, try to name specific ingredients that you taste. Start with the obvious ones, and work your way into the subtle tastes. This will help you tap into your senses, which brings us to the next step.

### **Seek Out Sensory Experiences**

The more of your senses you can activate at once, the more your brain gets engaged. You can start with a single sense, like taste, as described above. But you should also start to

add in experiences that invigorate multiple senses at once. For example, try checking out the produce at your local farmer's market. Look, touch, smell and taste the foods available. Listen to the sounds of the market. Or you could simply take a walk outside, where nature provides stimulation for all of your senses. Pay attention to what each sense is telling you. This will help your brain forge new connections, too.

### **Switch Hands**

If you're right-handed, switch to your left one for a few activities each day. If you're left-handed, do the opposite. This helps spur activity on the other side of your brain. It also strengthens your neurons by getting them working in innovative ways. You can also get similar effects by doing normal things backwards or upside-down. For example, try looking at your clock upside-down when you need to check the time.

### **Practice Memorization**

As you work your way through these simple brain injury exercises, you'll eventually be ready for more challenging tasks. Add a new level of difficulty by practicing memorization, a little at a time. Don't worry if you don't get it right away — you benefit from the practice, no matter what.

For example, the next time you're at the grocery store, try to remember a few things from your grocery list before you look at it. Work on remembering the words to a new song. As time goes by, increase the challenge level. Try memorizing longer lists, or remembering things for longer periods of time. you aren't making continual progress on your own, it's important to seek the support of a specialized speech pathologist on our virtual team.

### **Draw a Map**

One great way to work on building memory to use is to draw a map using just your memory. You might start by drawing a map of a path that you're very familiar with, such as from your house to the grocery store. To make it more challenging, draw a map of a new route from memory after you've completed it.

### **Read Out Loud**

Reading, speaking and listening all engage different parts of the brain, so this is a great way to get your brain feeling challenged. You can read out loud to a child, a pet, or even yourself. If reading out loud poses too much of a challenge, start simply by listening to a book on tape first.

*(Continued on page 19)*



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(Continued from page 18)

**Challenge Your Motor Skills**

Work on projects that require lots of fine motor skills. If you learn a new skill at the same time, you'll double up on the brain benefits! You can try drawing or painting, knitting, or even just putting together a puzzle. Board games with small pieces, like cribbage, can also work well. Strengthening those hand-eye connections will help your brain heal faster — plus, you can have a lot of fun doing it.

**Keep a Journal**

Journaling is a great way to use your fine motor skills, memory, senses, and more all at once. You don't have to write about your day, like a diary. You can simply jot down all of the things you're experiencing with your various senses. For example, try sitting outside and writing what you see, smell, hear, feel, or taste. This exercise might feel relaxing, but it will also help improve your cognitive abilities!

**Do Mental Math**

As you get better at these tasks, challenge yourself by doing some mental math. Even simple addition or subtraction is valuable. Do easy problems first, then work your way toward harder ones.

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

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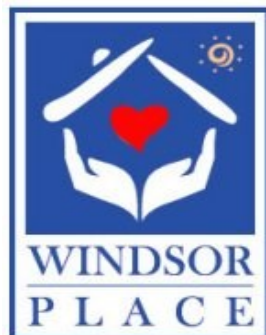
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# Stroke

**A stroke is an interruption of blood supply to part of the brain. If arteries become blocked, bleed or break, then the brain tissue that was being nourished deteriorates.**

When this lack of blood supply occurs to the heart it is called a heart attack. When it occurs in the brain it is called a stroke.

## Types of stroke

**Embolism** is where an object, most commonly a blood clot, blocks an artery. These clots can occur in other parts of the body then break up and travel to the brain where they lodge in the brain's smaller blood vessels.

**Thrombosis** is where there is a gradual closure of a blood vessel. In a stroke, this is most commonly fatty lipids called plaques building up on the walls of blood vessels and restricting blood flow. As a result symptoms usually develop slowly but may be rapid in some cases.

**Hemorrhage** is severe bleeding. There are two kinds that can cause a stroke. An intracerebral hemorrhage is caused by a ruptured artery leaking blood directly into the brain. A subarachnoid hemorrhage occurs on the surface of the brain and the blood fills the space around the brain and creates pressure.

## Effects of stroke

The after effects of a stroke vary widely for each stroke victim as different parts of the brain are responsible for thought processes, comprehension, movement and our senses. The extent of blood shortage also determines the effect of the stroke. A stroke may result in paralysis, loss of feeling, communication difficulties, visual problems and many other issues depending on which part of the brain is affected

## Treatment

Surgery, drugs, acute hospital care and rehabilitation are all accepted stroke treatments depending on the type of stroke.

An example of surgery is a carotid endarterectomy to remove plaque if a neck artery is blocked. Aspirin is a common drug used for thinning the blood. Other medications aim to dissolve clots that lead to stroke. New techniques continue to arise, such as cerebral angioplasty where balloons, stents and coils are used to dilate small intracranial arteries.

**Recovery** generally speaking the brain does not regenerate if brain tissue dies after an embolism or thrombosis. The individual may regain some function after the pressure caused by the bleeding (hemorrhage) has decreased. Recovery after a stroke depends on number of factors including the:

- type and severity of the stroke
- part of the brain involved
- extent and nature of the damage
- existing medical problems
- type of treatment and rehabilitation.

Recovery usually involves a lot of relearning of activities such as walking and talking. This learning can be complicated by the fact that many people have trouble concentrating after a stroke.

## 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](mailto:mccartm@cbirt.org)

## Practical Training Workbook



BRAIN INJURY ASSOCIATION OF AMERICA

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.

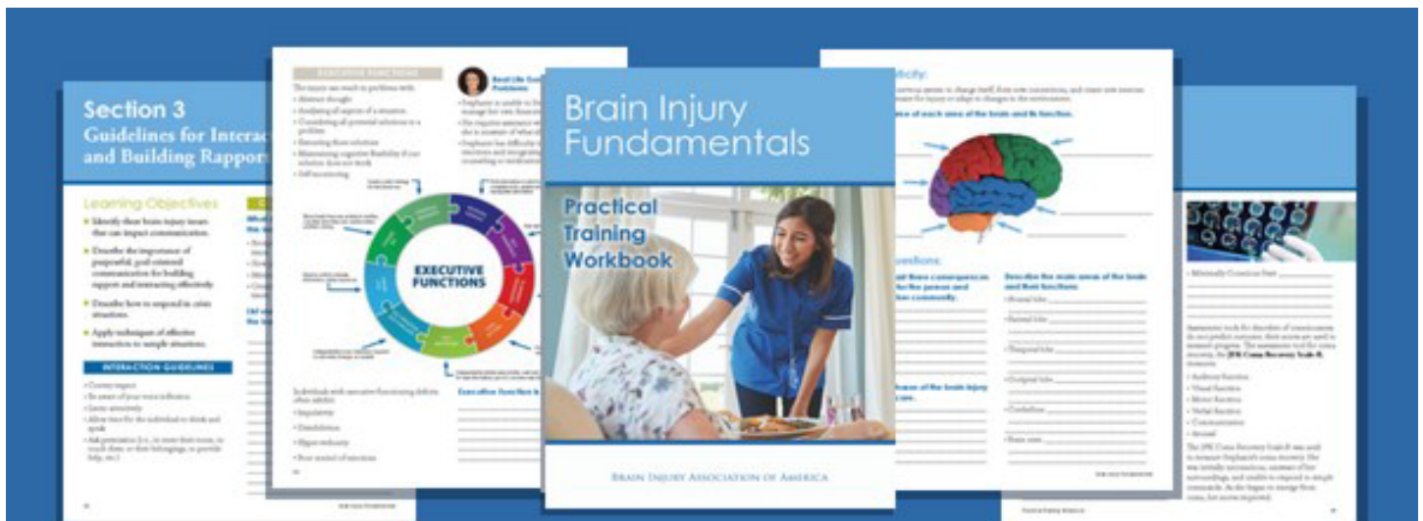
The Brain Injury Fundamentals course is comprehensive and flexible enough to be incorporated as an organization's on-boarding program for direct care staff, or used as a stand-alone training in healthcare and community facilities. The course will be taught by ACBIS trainer, Sherry Stock, ABD/PhD, CBIST,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

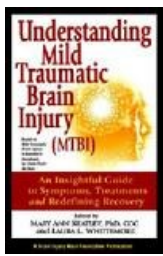
After completing intensive training, candidates will receive a certificate that is valid for three years. To learn more about the application process contact Sherry Stock at BIAOR [sherry@biaoregon.org](mailto:sherry@biaoregon.org). 800-544-5243 or 503-740-3155

**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](mailto: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.





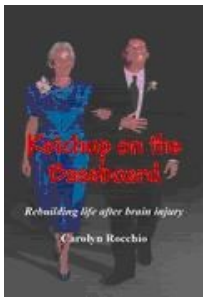
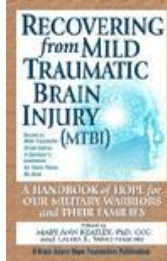
**Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery**

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

**BIAOR Membership  
Become a Member Now**

**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

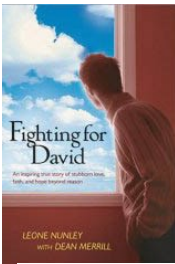
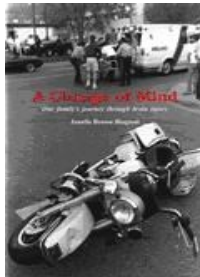


**Ketchup on the Baseboard**

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

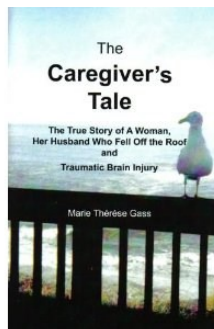


**Fighting for David**

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



**Brain Injury Alliance of Oregon**  
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 Lifetime \$5000

**Sponsorship**

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 In memory of: \_\_\_\_\_  
 (Please print name)

**Member is:**

Individual with brain injury    Family Member    Other: \_\_\_\_\_  
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 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

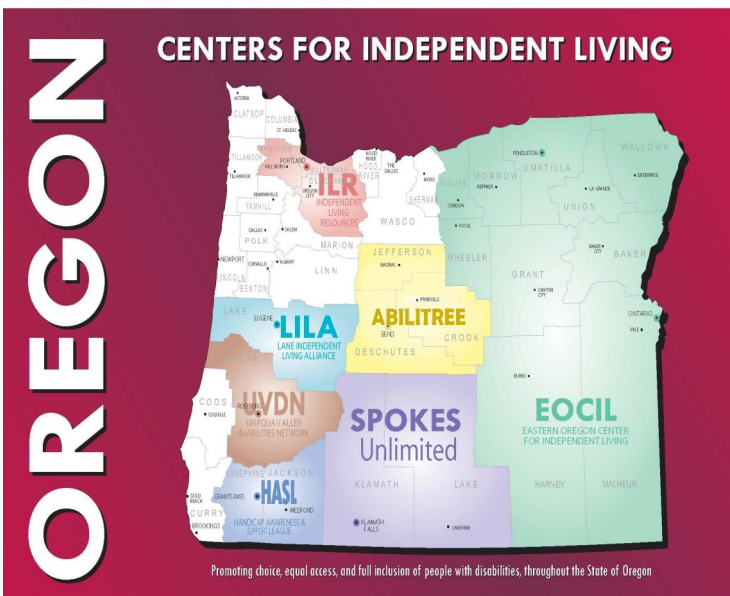
## Northwest ADA Center - Oregon

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](http://www.nwadacenter.org)  
Direct - 503.841.5771 [carla.waring@adaanswersnw.com](mailto:carla.waring@adaanswersnw.com)

## Oregon Centers for Independent Living

### Contact List

CIL	LOCATION	COUNTIES SERVED
<b>ABILITREE</b> IL Director: Greg Sublette	2680 NE Twin Knolls Dr Bend, OR 97702 1-541-388-8103	Crook, Deschutes, Jefferson
<b>EOCIL</b> (Eastern Oregon Center for Independent Living) Director: Kirt Toombs	322 SW 3 <sup>rd</sup> 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: <a href="mailto:eocil@eocil.org">eocil@eocil.org</a>	
<b>HASL</b> (Independent Abilities Center) Director: Randy Samuelson	305 NE "E" St. Grants Pass, OR 97526 (541) 479-4275	Josephine, Jackson, Curry, Coos, Douglas
<b>LILA</b> (Lane Independent Living Alliance) Director: Sheila Thomas	20 E 13th Ave Eugene, OR 97401 (541) 607-7020	Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln
<b>ILR</b> (Independent Living Resources) Director: Barry Fox-Quamme	1839 NE Couch Street Portland, OR 97232 (503) 232-7411	Clackamas, Multnomah, Washington
<b>SPOKES UNLIMITED</b> Director: Curtis Raines	1006 Main Street Klamath Falls, OR 97601 (541) 883-7547	Klamath
	SPOKES Lakeview Branch Office 100 North D St, Lakeview, OR 97630 541-947-2078 (voice)	Lake
<b>UVDN</b> (Umpqua Valley disAbilities Network) Director: 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](http://www.tbied.org)  
For more information about Oregon's TBI Team [www.cbirt.org/oregon-tbi-team/](http://www.cbirt.org/oregon-tbi-team/)  
Melissa McCart 541-346-0597  
[tbiteam@uoregon.edu](mailto:tbiteam@uoregon.edu) or [mccart@uoregon.edu](mailto:mccart@uoregon.edu)  
[www.cbirt.org](http://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](http://www.thehellofoundation.com)

## LEARNet

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

## Parent Training and Information

A statewide parent training and information center serving parents of children with disabilities.  
1-888-988-FACT [info@factoregon.org](mailto:info@factoregon.org)  
[http://factoregon.org/?page\\_id=52](http://factoregon.org/?page_id=52)

## Websites

**Mayo Clinic** [www.mayoclinic.com/health/traumatic-brain-injury/DS00552](http://www.mayoclinic.com/health/traumatic-brain-injury/DS00552)  
**BrainLine.org** [www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi\\_pageall.html](http://www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi_pageall.html)

## FREE Brain Games to Sharpen Your Memory and Mind

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

## Home-Based Cognitive Stimulation Program

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

## Sam's Brainy Adventure

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

## Neurobic Exercise

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

## Brain Training Games from the Brain Center of America

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



**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](http://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](http://www.returningveterans.org)  
email: [mail@returningveterans.org](mailto:mail@returningveterans.org)

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

Kathy Holmquist, 503-240-8794 [Kathy@pathwaysto.net](mailto: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](mailto: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://1901EstherSt.Newberg.OR.97132) (503) 554-4300  
[www.hazeldenbettyford.org](http://www.hazeldenbettyford.org)  
Serenity Lane, [10920 SW Barbur Blvd Ste 201, Portland, OR 97219](http://10920SWBarburBlvdSte201.Portland.OR.97219) (503) 244-4500  
[www.serenitylane.org](http://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/](http://www.disabilityrightsoregon.org/)

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

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

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

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

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



# Resources

## 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

## 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@itco.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](mailto: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](http://www.ohcs.oregon.gov/OHCS/SOS_Low_Income_Energy_Assistance_Oregon.shtml)

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

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

### Housing

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

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

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

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

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

## Need Help with Health Care?

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

[Oregonhealthconnect.org](http://Oregonhealthconnect.org) Information about health care programs for people who need help.

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

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

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

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

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

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

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

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

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

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

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

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

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

**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](http://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 Eldrige 541.388.8103 extension 209

[brookee@abilitree.org](mailto: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 Eldrige 541.388.8103 extension 209

[brookee@abilitree.org](mailto: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](mailto:jfunk@samhealth.org)

### Brain Injury Support Group

Currently with Stroke Support Group

Church of the Good Samaritan Lng

333 NW 35th Street, Corvallis, OR 97330

Call for Specifics: Josh Funk

541-768-5157 [jfunk@samhealth.org](mailto:jfunk@samhealth.org)

## 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](mailto:tbicbsupport@gmail.com)

### Growing Through It- Healing Art Workshop

Contact: Bittin Duggan, B.F.A., M.A.,

541-217-4095 [bittin@growingthroughit.org](mailto:bittin@growingthroughit.org)

## Eugene (3)

### Head Bangers

3rd Tuesday, Feb., Apr., June, 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](mailto: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

## 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](mailto: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

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

## BIRRDsong

1st Saturday 9:30 - 11

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

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

Legacy Good Samaritan Hospital, Rm 102, Wilcox Building .

1015 NW 22nd Portland, 97210

Brian Liebenstein at 503-598-1833

BrianL@bic-nw.org info@braininjuryconnectionsnw.org

**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.**

## BRAINSTORMERS II

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

Survivor self-help group

Emanuel Hospital Medical Office Building West Conf Rm

2801 N Gantenbein, Portland, 97227

Steve Wright stephenwright@comcast.net

503-816-2510

## CROSSROADS (Brain Injury Discussion Group)

2nd and 4th Friday, 1-3 pm

Independent Living Resources

1839 NE Couch St, Portland, OR 97232

503-232-7411

**Must Be Pre-Registered**

## Doors of Hope - Spanish Support Group

3rd Tuesday 5:30 -7:30pm

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

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

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

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

**SPOKANE, WA**  
**Spokane TBI Survivor Support Group**  
2nd Wednesday of each month 7 p.m.

St.Luke's Rehab Institute  
711 S. Cowley, #LL1,  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))  
Michelle White (509-534-9380; [mwhite@mwwhite.com](mailto:mwhite@mwwhite.com))

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

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

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

**Spokane County Disability/BI Advocacy Group**  
511 N. Argonne, Spokane WA  
Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

**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](mailto: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](mailto: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

### Walking again after a TBI with Second Step

To learn more about Second Step Inc  
contact David Dubats  
[Info@secondstepinc.com](mailto:Info@secondstepinc.com)  
[Secondstepinc.com](http://Secondstepinc.com) 877-299-STEP (7837)





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>



## Brain Logistics, LLC

Education - Training - Individualized  
Assessment and Implementation - Location  
and Coordination of Care and Services -  
Expert Witness

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Extreme Behavioral Specialist  
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Neurogerontologist  
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Portland, OR 97204  
1-888-883-1576  
[www.tdinjurylaw.com](http://www.tdinjurylaw.com)



## Protecting the Rights of the Injured



### Personal Injury Practice Areas:

- |                                       |                         |
|---------------------------------------|-------------------------|
| Brain Injury Accidents                | Dangerous Premises      |
| Automobile Accidents                  | Defective Products      |
| Maritime Accidents                    | Bicycle Accidents       |
| Construction Accidents                | Motorcycle Accidents    |
| Trucking Accidents                    | Sexual Harassment/Abuse |
| Medical Malpractice Wrongful<br>Death | Aviation Accidents      |
|                                       | Legal Malpractice       |

## How To Contact Us

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

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

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

*Meetings by Appointment only  
Call 800-544-5243*

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