

Have you Registered?



• *Featured Artist: Katy Pugh*

Brain Injury Association of Maryland's (BIAMD)
Educational Conference:

**Brain Injury: Navigating the Journey,
March 24-25, 2016
Timonium, MD**

*For more informatoin or questions about registration, please contact us at
410.448.2924 / 800.221.6443 or visit us at www.biamd.org*

**Did you know March is Brain Injury Awareness Month?
Now you do! Continue reading to discover what you can
do in the month of March to help support Brain Injury
Awareness!**

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Bryan Pugh
Executive Director

Dawn Roher
Clinical Resource Manager

Caitlin Exline Starr
Clinical Resource Coordinator

Alicia Cignatta
Outreach Coordinator

Message from the Board President

It is my absolute pleasure to report upon the hard work and dedication which has not just maintained but enhanced the services and support provided to individuals and their families affected by brain injuries in the state of Maryland over the past year. The Brain Injury Association of Maryland (BIAMD) staff, volunteers and Board of Directors work tirelessly to increase access to the services needed for those affected by brain injury. This letter outlines just the “tip of the iceberg” related to the current status of our beloved Association.

I have had the privilege to be associated with BIAMD since 1986. During the past 30 years, the organization’s membership has grown exponentially. Thanks to our staff, we have become expert service providers and case managers for hundreds affected by brain injury. We have established ourselves as leaders by educating schools about how to prevent brain injury and to avoid further issues related to neurologic associated sports injuries. Care for those with brain injury is increasingly being provided in the community and by sub acute facilities. The BIAMD Board of Directors has established an educational series to keep these new service providers apprised regarding how to provide the specialized care required for successful recovery and community participation. The BIAMD staff and Board of Directors are prominent in the Maryland legislature advocating for Bills affecting our constituents. The BIAMD Advisory Board spends much time in Annapolis increasing Delegates and Senators awareness regarding the needs of those affected by brain injury.

The Association staff, volunteers and Board of Directors care deeply for those who benefit the most from the advocacy we provide. We look forward to a year of membership growth. Our focus will continue to be upon identifying additional donators to BIAMD so more and better services can be provided to those affected by brain injury in the state of Maryland.

Most Sincerely,
Deb Youngquist, MS, CRC, CCM, CBIS
President, Brain Injury Association of Maryland

BIAMD Membership: Renew or Join!

The Brain Injury Association of Maryland relies on your membership dues and donations to assist in the execution of our special projects and to assist families and survivors. If you have not yet joined, we strongly urge you to do so! It is important that individuals with brain injuries, their families, and the professionals in the field all work together to develop services, legislation, and support systems. Please remember, we cannot do this without your help!

To renew or join, please contact Bryan Pugh at:
410.448.2924 or 1.800.221.6443 or online at: www.biamd.org

The Brain Injury Association of Maryland BIAMD, a non-profit 501©3, and membership based organization
All contributions are tax deductible

Message from the Executive Director

2016: Earning Our “A”

The “A” in BIAMD is “Association” which means that without members, we are simply “brain injury Maryland”. This not who we are, what we do, or what we are about. This is not what we have stood for since 1983, and does not encompass our aspirations for our fourth decade of service. We are a membership organization, and your member dues, donations and volunteer hours are our organization’s life’s blood. Without your support and gifts of time, talent and treasure, we will cease to exist. We acknowledge that the “A” in our initials mandates recruiting, retaining, but even more, “amazing” our membership.

This year the Board and Staff of the Brain Injury Association of Maryland have resolved to “Earn our A”.

Over the last five years, we have had some amazing successes delivering high-quality, personalized, and relevant services and programs. We have updated many of our processes including our phone systems, databases, emails, website, donation sites, and even smartphone apps to meet the increasing demands while trying to maintain high standards for our services. However, the time constraints necessary to provide these important services, have put pressure on our ability to “wow” our membership.

Our primary task remains making a connection with another human being searching for answers, searching for help, searching for hope and providing all three with compassion, accuracy, and authenticity. That’s what we’ve been about for over three decades, and new tools will not change that core. Where we need to improve is making a connection with our members.

As part of our effort to re-engage and re-invigorate our membership, we are re-booting “Headway” BIAMD’s newsletter. If you are reading this, then you have received your first edition. We are planning on forwarding PDF copies via email to everyone, or we can print and mail upon special request. If this becomes a valuable and appreciated means of communication, we may be able to re-implement hard copies for all members.

With every new endeavor comes risk. But without risk, there can be no reward. This newsletter is by no means perfect or comprehensive. We look forward to making improvement with each additional issue. We look forward to receiving your feedback and promise to continue innovating and adopting new ways of bringing information to our members.

Your membership matters to us.

In 2016, we want to make sure your membership matters to YOU.

Bryan Pugh
Executive Director

Meet the BIAMD Staff



Bryan Pugh celebrated his fifth year as Executive Director of the Brain Injury Association of Maryland. He spends the majority of his time working to create a better future for the citizens of Maryland through brain injury prevention, education, advocacy and the promotion of research. Bryan's passion for serving the brain injured population stems from his wife's work as an advanced practice neurology nurse, his adopted son's challenges with Autism and Fetal Alcohol Syndrome, and his sister's diagnosis with inoperable brain cancer.

Prior to being named the BIAMD's Executive Director, Bryan worked for the University of Maryland School of Law in the Dean's Development and Communications office. A native of Florida, an attorney and mediator by training, Bryan has served as Assistant and Associate General Counsel representing various state agencies, including the Florida Department of Corrections, the Florida Highway Patrol, the State of Florida Board of Regents, and several state universities in Florida.



Dawn Roher is a certified case manager, licensed social worker, and certified brain injury specialist with over 29 years of experience in various health care settings. After receiving her Master's degree at Syracuse University she started working in the field of brain injury on a neurobehavioral unit in Upstate NY. Her first job in the Baltimore/ DC area was at National Rehabilitation Hospital after it first opened. Since then she has worked in both clinical and administrative roles in inpatient, outpatient, and community based settings. Most recently and for many years she was the case manager for a comprehensive day program in Columbia, MD. She is presently the Clinical Resource Manager for the Brain Injury Association of Maryland.



Caitlin Starr has her Master's in Social Worker with 5 years of experience in various health care settings relating to brain injury. She started working in the field of brain injury with the RETURN! Program at Sinai Hospital of Baltimore, through an internship relating to her undergraduate degree. Previously, she has worked with the Brain Injury Association of South Carolina with the clinical resource staff, and VSP as a Vocational Consultant working with individuals living with various disabilities, along with individuals with brain injuries. Currently, she is the Clinical Resource Coordinator for the Brain Injury Association of Maryland, and Transitional Case Manager for the Maryland Brain Injury Waiver.



Alicia Cignatta has an academic and professional background in both marine science and mapping geographic imaging. After her life crossed paths with the Brain Injury Association of Maryland (BIAMD) 10 years ago, she later became the BIAMD Mentor Coordinator and currently the Outreach Coordinator. She oversees the BIAMD Outreach services available across Maryland and the BIAMD online presence in social media interacting with the public, military and veteran populations.

MARCH is Brain Injury Awareness Month!



Get involved observing Brain Injury Awareness Month!

The theme for the 2016 Maryland awareness month campaign is:

Make Brain Injury Visible.



The **Make Brain Injury Visible** campaign provides a platform for educating the general public about the incidence of brain injury and the needs of individuals who are injured and their families. The campaign also lends itself to outreach within the brain injury community to connect those affected by this, reveal the thousands of many faces of this devastating injury, de-stigmatize the injury, empower those who have survived, and promote the many types of supports available.

Changing your mind about brain injury starts with knowing the injury exists around you every day and it's invisible. We hope Marylanders will be encouraged to proudly show their caring support and connect to the movement either on the ground and or online for awareness by using the campaign **blue** awareness initiative and the Head Brain Thumbs Up in Support logo. The Maryland theme sets the stage for a strong visible message during March and throughout 2016.

Help make brain injury visible!

Brain Injury Awareness Day in Annapolis



*Bringing together legislators, families, survivors, policymakers
and providers*

Together, We Can Create Real Impact

Join us on **Wednesday, March 9, 2016** for **Brain Injury Awareness DAY in Annapolis** to advocate for everyone in Maryland with brain injuries, the impact to their lives and their needs currently and for the future. Brain health is a topic for every Marylander. Awareness regarding injury, safety and prevention is critical for the public, military and veteran communities.

This annual event has become a powerful vehicle to ensure the voice of the brain injury community is being heard in Annapolis. Your participation in this event, will help policymakers better understand the critical and urgent needs of this community, and the policies that are vital to ensuring availability of health services, supports, and the knowledge that the BIAMD exists to turn to for resources, help and information. We hope you will be able to share this experience with us on March 9th and or participate virtually online to raise awareness!

If you can't join us, please use: <http://mdelect.net/> to find out who your legislator is and get involved!

#BLUE4BrainInjuryMD is the hashtag to follow online awareness events across the state.

BIAMD Annual Conference:



“Brain Injury: Navigating the Journey”

The Radisson Hotel - North Baltimore
Timonium, MD
March 24-25, 2016
Register Today!

The Conference

Brain Injury: Navigating the Journey is a multi-track neuro-conference focusing on issues related to: individuals with brain injury and family members, children and adolescents in the school system and transitioning, advocacy and community rehab services, and professional clinical training. The purpose of the two-day conference is to provide state-of-the-art information about brain injury treatment, services, research, and advocacy, and to improve collaboration and networking between individuals with brain injury, families and professionals.

Continuing Education Units (CEU's)

CEU's will be requested from the Commission for Case Managers, the Commission for Rehabilitation Counselors, the Maryland Workers' Compensation Commission Maryland Certified Rehabilitation Service Providers (MD WCC MCRSP), the Maryland Boards of Physical Therapy, Speech-Language Pathology, Occupational Therapy, and Nursing. CEU's will be requested from the American Therapeutic Recreation Association (ATRA). ATRA has been reviews and approved as an Authorized Provider by the International Association for Continuing Education and Training. The Maryland Board of Social Work Examiners certifies that this program meet the criteria for Category I continuing education for social workers and associates licensed in Maryland; approval from the Board of Social Work is used to provide CEU's to psychologists. If you have any questions about your dicipline being approved, please contact the Brain Injury Assocaiton of Maryland.

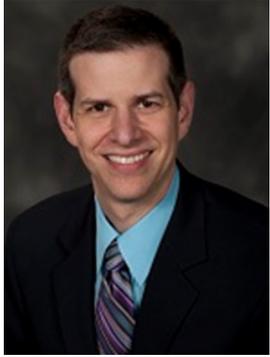
Last Year's 2015 Sponsors

- Adventist Rehabilitation Hospital
- Alco Pharmacy
- Beechwood Rehabilitation Services
- The Sandra and Malcolm Berman Brain and Spine Institute
- CNRM
- DVBIC
- Elizabeth Cooney Care Network
- Fick & May Law Firm
- FutureCare Health
- Head Injury Rehabilitation & Referral Services (HIRRS)
- Johns Hopkins Bayview Neuropsychiatry Program
- Johns Hopkins Outpatient Neurorehab
- Kennedy Krieger Institute
- University of Maryland Rehabilitation and Orthopaedics Institute
- Mary T. Maryland
- Medi-Rents & Sales, Inc
- Medtronic
- Mt. Washington Pediatric Hospital
- National Rehabilitation Hospital
- Neuropsych Program at Sheppard Pratt
- Medstar - NRH
- NeuroRestorative
- Parkway Neuroscience and Spine Institute
- Prestige Healthcare Resources
- ReMed
- Righttime Medical Care
- Sinai Rehabilitation Center LifeBridge Health
- Success Rehabilitation, Inc
- Western Maryland Hospital Center



<http://bit.ly/2016BIAMDCnf>

Opening Keynote Speaker on Thursday, March 24, 2016



Michael R. Yochelson, MD is Vice President of Medical Affairs and the Chief Medical Officer for the MedStar National Rehabilitation Network. He is a highly-trained and qualified board certified neurologist and physiatrist. Previously, he served as a staff physician in the Navy, and has a particular interest in headaches, post-traumatic epilepsy, sleep dysfunction, and spasticity management after traumatic brain injury. Currently, Dr. Yochelson is a Professor of Clinical Neurology and Clinical Rehabilitation Medicine at Georgetown University in Washington, D.C.. He has worked with the RAND Corporation, studying TBI in service members returning from deployment. Dr. Yochelson is recognized as one of the “Top Rated Doctors” in Northern Virginia (2010 & 2011), and as a ‘Top Doctor’ in U.S. News (2011-2013).

Closing Keynote Speaker on Thursday, March 24, 2016



Abby Maslin is an elementary school teacher with D.C. Public Schools, as well as the author of a lifestyle and wellness blog (www.abbymaslin.com). She is currently writing a memoir, tentatively titled *Love You Hard* about her family’s experience with traumatic brain injury in the year following her husband’s (TC) brutal attack in Washington, D.C.. Several weeks after TC’s assault, she began blogging about his recovery and the psychological impact of this traumatic event on her family. Her blog has received more than a million hits since its inception, and has provided a unique opportunity to connect with caregivers of brain injury all over the world.

Opening Keynote Speaker on Friday, March 25, 2016



Marian Vessels is the Director of the Mid-Atlantic American Disabilities Act (ADA) Center. In this role, she is responsible for the daily operation of the Center. Ms. Vessels provides disability awareness training and seminars on the Americans with Disabilities Act, covering such issues as current legislation, and employment. Previously, Ms. Vessels was the Executive Director of the Maryland Governor’s Committee on Employment of People with Disabilities. She also worked as the Director of the Maryland Governor’s Office for Individuals with Disabilities and was an Executive Board Member for the President’s Committee on Employment of People with Disabilities.

Closing Keynote Speaker on Friday, March 25, 2016



David Gran is a freelance writer and the author of *Metamorphosis, Surviving Brain Injury*. In 2010, David was struck by a car while riding his bicycle. In brutally honest detail, David’s 2012 memoir chronicles the challenges he faced during the days and months immediately following his injury. David’s writing focuses on the importance of rebuilding a meaningful life after TBI. In addition to writing a regular column published by the Brain Injury Association of New Hampshire and contributing to Brain Injury Journey magazine, David has dedicated himself to advocacy on behalf of the brain injury community. David is currently writing his second book, *Daily Inspirations, Mediations for People with Traumatic Brain Injury & Those Who Love Them*.

10th Annual Scarecrow 5K Run/Walk!

The Brain Injury Association of MD held its 10th Annual Scarecrow 5k run, 1 mile walk Fundraiser on October 4, 2015 at the beautiful University of Maryland Baltimore County Campus. After a cold morning, and the threat of a State of Emergency because of Hurricane Joaquin, over 400 runners and walkers arrived at the race ready for fun, food, and a chance to place!

Runners and Walkers enjoyed a morning without rain, a chance to win door prizes, enjoyed delicious food including bagels provided by Triton Entertainment and banana's provided by Giant, and survivors being recognized by a medal sponsored by Elville and Associates. The BIAMD recognized the top 3 fundraisers, who won Lands End Fleece Jackets!

The Brain Injury Association of MD would like to thank our sponsors, and volunteers for all of the hard work that made this fundraiser a success! With the help of the individual fundraisers, and the support of our generous sponsors, the BIAMD raised nearly \$25,000. It is due to these individuals and sponsors that we are able to continue providing support and education to individuals with brain injuries and their families. We look forward to the 2016 Scarecrow and we hope to see you there!

SAVE THE DATE: SUNDAY, OCTOBER 2nd, 2016

Overall Champions

Overall Top 3 Male Winners (in order): Mark Landree, Bradley Moore, and Martin Kerrigan

Overall Top 3 Female Winners (in order): Kathy Chetelat, Lisa Green, and Annie Leslie

Overall Top 3 Fundraisers (in order): Team Kenny, Burd Brain, and The Seagals

First Place Finishers

Male 19 and Under - Owen Thompson

Male 20-29 - Johnathon Leslie

Male 30-39 - Matthew Martin

Male 40-49 - Mike Reese

Male 50-59 - Richard Griffiths

Male 60 and Over - Roy Lebson

Female 19 and Under - Molly Thompson

Female 20-29 - Kerrie Neil

Female 30-39 - Erin Stauder

Female 40-49 - Michelle Moore

Female 50-59 - Rollea Butler

Female 60 and Over - Gail Martin



And the runners are off!



UMBC Ice Hockey Club Team handing out medals to survivors, and helping with warm ups!



Survivors and their medals!

Thank You Scarecrow Sponsors!



Legislative Updates

There has been a new bill introduced in the Maryland State Government, House Bill 29, titled *Education - Participants in Youth Sports Programs - Concussions - Penalties for Coaches*. This bill was introduced to help strengthen the Maryland Youth Concussion Legislation (House Bill 858, and Senate Bill 771) that was signed into law on May 19, 2011 by Governor Martin O'Mally. The Maryland Youth Concussion Law was set into place to provide protection to a student/youth who was suspected of sustaining a concussion during either practice or play. The protection for the student was to remove them from play until they have been cleared by an appropriate medical professional. This also implemented concussion awareness programs for coaches, school personnel, student athletes, and parents/guardians. Students and their parent/guardian would then sign a form stating they have received the concussion information/education before playing any sport.

House Bill 29, *Education - Participants in Youth Sports Programs - Concussions - Penalties for Coaches*, states that it is for the purpose to remove and suspend coaches who do not comply with the concussion regulations. This bill also requires the county board to take action against the coaches, such as removal from coaching and suspension.

See below for the full introduction of HB0029:

FOR the purpose of requiring a local board of education, on the recommendation of the county superintendent, to suspend a coach who violates certain provisions of law relating to the removal from play of a student who is suspected of sustaining a concussion or other head injury in a practice or game and the return to play of the student; requiring a county board to send to a coach a copy of certain charges and give the coach an opportunity to request a hearing before suspending the coach; requiring a county board to hold a certain hearing under certain circumstances; requiring the State Department of Education to establish certain penalties for a violation of provisions of law relating to concussions and head injuries; authorizing a coach to appeal a certain decision to the State Board of Education; requiring a youth sports program to establish certain penalties for a violation of provisions of law relating to concussions and head injuries; requiring a youth sports program to suspend a coach who violates certain provisions of law relating to the removal from play of a youth athlete who is suspected of sustaining a concussion or other head injury in a practice or game and the return to play of the youth athlete; authorizing a coach to appeal a certain decision of a youth sports to a certain circuit court; providing that a certain individual who removes from play or returns to play a certain individual is not civilly liable under certain circumstances; providing that certain provisions of law may not be construed to limit the legal rights of a certain individual; and generally relating to penalties for coaches who violate provisions of law relating to concussions and head injuries sustained by participants in youth sports programs.

Legislative Updates Continued...

The *Baltimore Sun* contacted the Brain Injury Association of Maryland to discuss the matter. The BIAMD's Executive Director Bryan Pugh was quoted stating "most of the attention to concussions has been focused on men and boys who play football, but the problem is much more extensive. Concussion is not a football issue. Women get concussions from cheerleading. Women get concussions from lacrosse. Women get concussions from soccer. Men get concussions from basketball". **The Brain Injury Association of Maryland is not taking a position on the bill.**

The Maryland Association of the Counties (MACo) have stated they do not support this bill because it limits the abilities of the counties to remove coaches that are not abiding by the original concussion legislation.

For more information about this bill, visit:

<http://mgaleg.maryland.gov/> and search for HB0029

The bill:

<http://mgaleg.maryland.gov/2016RS/bills/hb/hb0029f.pdf>

The Maryland Association of the Counties Opposal Letter:

<http://www.ciclt.net/ul/mdcounties/HB0029WM.pdf>

This bill introduces some good ideas and intentions to make sure Maryland youth is protected. What will the passing of this bill mean for the future of recreational sports?

Governors TBI Advisory Board

Appointed by the Governor to serve their mission of identifying needs, gaps in services, and potential funding resources by building relationships and collaborating with elected officials and heads of state agencies that will influence policy, promote prevention, education and effective interventions that impact outcomes in order to support recovery and quality of life for every Marylander affected by brain injury.

There are currently positions open to sit on the board for individuals living with brain injuries and family members. If you are interested, please contact:

Stefani O'Dea
stefani.odea@maryland.gov
or (410)-402-8476

Meetings are opened to the public, and the next meeting will be held:

March 9th, 2016
at the Lowe & Taylor House of Delegates Office Building in Annapolis from
11:00am-1:00pm

New to Working with Brain Injury?

Are you seeing more individuals with brain injury coming into your program/placement? Are you interested in your staff learning more about working with individuals living with brain injury?

The Behavioral Health Administration and Brain Injury Association of Maryland work together to provide Traumatic Brain Injury Projects Trainings. Topics can vary depending on your organizations needs, and presentations may be customized to meet audience's needs in terms of both topics covered and length of training (one hour to full day).

Some topics include:

- Person Centered Planning
- TBI and Substance Abuse
- TBI Overview for Human Service Providers
- TBI Overview for Employers of Returning Service Members
- Strategies and Screening for TBI
- TBI Overview & Behavior
- Vocational Issues After Brain Injury
- For Service Members, mTBI Overview
- Older Adults and TBI
- TBI and Children
- TBI Overview for Domestic Violence Professionals
- TBI Overview for Police, Sheriffs and Correctional Officers
- Quick TBI Overview for Judges and Attorneys
- Trauma Informed Care Overview for Brain Injury Professionals

Some of the trainings held in 2015 include:

- TBI Overview for Law Enforcement
- Introduction to Trauma-Informed Care: A Brief Overview for Brain Injury Professionals and Programs
- TBI Overview
- TBI Overview for Behavioral Health Professionals
- TBI and Returning Service Members
- TBI and Substance Use
- Traumatic Brain Injury: Supports for Workplace Success
- Brain Injury: An Often Hidden Disability

If you are interested in having a training, please contact:

Dawn Roher
roher@biamd.org
410-448-2924 (x1002)

Volunteers Needed!

The Brain Injury Association of Maryland is always looking for volunteers for our upcoming events. With the conference fast approaching, we are currently looking for volunteers for our **Conference Packing Party on March 17, 2016!**

If you are interested in volunteering for the Conference Packing Party, or for more information about how to get involved, **please contact:**

Dawn Roher
roher@biamd.org
410-448-2924 (x1002)

Hoops for Hope!

On October 1, 2015, Ben and Logan's aunt, Jennifer Granek, suffered a TBI on an ATV while vacationing in Costa Rica. Recently, in order to fulfill a requirement for their upcoming Bar Mitzvahs, Ben and Logan Suffel, along with their friend Dylan Zuckerberg, held a charity event called Hoops for Hope in support of their aunt. Each boy chose a charity related to TBI to donate their portion of the money raised. Ben chose to donate his portion of the money raised to BIAMD. On Thursday, February 18th, the boys stopped by BIAMD's Home Office to present the check. Ben contributed over \$1,000 to BIAMD in honor of his aunt and the people suffering from brain injuries throughout Maryland. Thank you Ben, Logan and Dylan, and good luck on your upcoming Bar Mitzvah!



Bryan Pugh (Executive Director), Terri Kirtz (BIAMD Board Member)
receiving the donation from Ben Suffel, Logan Suffel, Dylan Zuckerberg

Plan to attend the Congressional Brain Injury Task Force Awareness Day

March 16, 2016, in Washington, DC.

Support the Congressional Brain Injury Awareness Day!

Once a year, brain injury advocates have an opportunity to participate in a day long event to promote brain injury awareness on Capitol Hill and to learn about cutting edge issues with regard to research, prevention and practice. The Congressional Brain Injury Task Force sponsors the day which includes a Fair; a Briefing and a reception. The National Association of State Head Injury Administrators joins other key stakeholders in supporting this event. We urge you to join us in Washington, DC, as well as showing your support through donations so that we can promote brain injury and State issues at the federal level.

Should you wish to donate, go to NASHIA's website where you may click on the Donate to NASHIA button. Thank you for this consideration. Your past support has helped us to successfully represent States' interest before Congress and the Administration!

Congressional Brain Injury Awareness Day Timeline

Brain Injury Awareness Fair

10:00 am - 2:00 pm

featuring federal agencies and national organizations involved in education, awareness, research, prevention, rehabilitation and community services for military and civilians.

Cannon Caucus Room (Room 345)

Cannon House Office Building

****Note: This is in a different building than previous years.****

Congressional Briefing

Concussion: It's Not just A Concussion

2:30 pm - 4:00 pm

U.S. Capitol Visitor Center

Congressional Meeting Room North

(CVC 268)

First St NE, Washington, DC

Congressional Briefing Continued...

Concussion: It's Not just A Concussion

A Panel Discussion Moderated by: Dr. John Corrigan

Professor, Ohio State University Department of Physical Medicine and Rehabilitation Director, Ohio Valley Center for Brain Injury Prevention and Rehabilitation; Board Member, Brain Injury Association of America

Featuring:

Grant Baldwin, PhD, MPH, Director

Division of Unintentional Injury Prevention
National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

Colonel Wendy Campbell, Chief, Clinical Services

Division and Chief Nurse, Warrior Transition Command
Colonel Sidney R. Hinds, II, MD, MC, US Army
National Director, Defense and Veterans Brain Injury
Center

Colleen Cruice MS, OTR/L

Itinerant Occupational Therapist,
Physical Disabilities Program
Montgomery County Public Schools; TBI survivor

Karen McAvoy, PsyD, Director of Psychology

Center for Concussion, Rocky Mountain Hospital for
Children

A. Cate Miller, PhD, Rehabilitation Program Specialist

National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)
Administration for Community Living
U.S. Department of Health and Human Services

Reception

5:00 pm - 7:00 pm

Come join in the celebration of the TBI Acts 20th Anniversary!!



Where:

**Cannon Caucus Room (Room 345)
Cannon House Office Building**

more information continuing on page 16

Additional Information on Congressional Brain Injury Task Force Awareness Day

Congressional Visits

If you plan to be in Washington, D.C, we encourage you to meet with your representative and senators. If you do not know who your representative is or who your senators are, you may find that information on the House/Senate websites: www.house.gov, type in your zip code, which will link you to your representative for information on his/her office address, phone number and e-mail; go to www.senate.gov for similar information.

You may also call the **Capitol Switchboard** at (202) 224-3121 and ask for the Member's office. Then, ask to set up a meeting with the staff who handles appropriations or health care or disability issues. Be sure to let them know you are a constituent. And, invite them to the Congressional Brain Injury Task Force Awareness events!

You should schedule appointments 60-90 minutes apart so that you have time to get from one office building to another. Leave plenty of time for security lines and to eat or rest between visits. Remember, too, that Congressional staff may run behind in their appointments. *Should you wish help in scheduling your meetings*, you may contact **Rebecca Wolfkiel**, NASHIA Governmental Relations at: rwolfkiel@ridgepolicygroup.com.

Coordinate with your state BIA affiliate or Alliance and other Advocates

Since there may be other people from your State planning to attend Awareness Day activities, it is advisable to coordinate with others to make your visits and to coordinate your message accordingly.

Prepare for the Appointment

Members of Congress and their staff are very busy. It is important for advocates to tell their story quickly and to make to make specific requests for improvements in rehabilitation and home and community services and supports. You may use NASHIA's materials and you may want to provide materials on resources and services in your own State, including contact information should they have constituency requests. Once you are back home, be sure to send an e-mail thanking them for the time and provide any additional materials that may help with the discussion you had. You may give Rebecca Wolfkiel's name and contact information as well, if you believe that would be helpful: rwolfkiel@ridgepolicygroup.com. Just let her know of your visit and any further requests for information.

Interested in Advertising?

You can now have your companies name in our newsletter through advertising or sponsorship!

For information on how to advertise through a quarter page, half page, or full page ad contact:

Bryan Pugh
410-448-2924
info@biamd.org

You may also contact Bryan if you are interested in learning about your sponsorship information and the ad sizing that comes with it!

Featured Artist

Katy Pugh is the daughter of Bryan Pugh, BIAMD's Executive Director. She is currently a sophomore at Florida Atlantic University, in Boca Raton.

This picture signifies many of the struggles that individuals with a brain injury have: concentration, memory, headaches, etc. Truly amazing how one picture can stand for so many things.

If you are interested in having your art featured on the front of our newsletter, please send it to:

Caitlin Starr at
starr@biamd.org

Frances Bateson Dexter Scholarship Fund

Consider making a contribution to the Frances Bateson Dexter Scholarship Fund which provides scholarships to individuals with brain injuries in financial need who wish to attend our annual conference. Many individuals and family members are unable to attend because of the cost.

Any donation to the "Frances Fund" is greatly appreciated and will be acknowledged in the conference program book.

Need More Information on Resources in Your Area?

The Brain Injury Association of Maryland is dedicated to improving the lives and futures of Marylanders affected by brain injury. We have grown to become the premier source of information, education, advocacy, and hope for the brain injured community in Maryland. We have two clinical resource staff, Dawn Roher and Caitlin Starr, that will be able to connect you with resources that fit your needs. Please contact us with any questions, comments, or needs you may have!

Contact Information:

Dawn Roher
Clinical Resource Manager
roher@biamd.org
410-448-2924 (x1002)

Caitlin Starr
Clinical Resource Coordinator
starr@biamd.org
410-448-2924 (x1004)

BIAMD Board of Directors

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Sharon Christie - Vice President

Christine Shenot - Secretary

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Joan Carney

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Pam Hawkins

Terry Kirtz

Jamie McElwee

Karen Memphis

Dan Sullivan

Lisa Wardle

Jean Wilson

BIAMD's Giving Tuesday End of Year Giving Campaign

What is GivingTuesday? We have a day for giving thanks (Thanksgiving Thursday). We have TWO for getting great deals (Black Friday and Cyber Monday). Now, we have #GivingTuesday, a global day dedicated to giving back and paying it forward. In 2014, more than 30,000 organizations in 68 countries came together to celebrate #GivingTuesday. Since its founding in 2012, #GivingTuesday has inspired giving around the world, resulting in greater donations, volunteer hours, and activities that bring about real change in communities. It's the season of giving thanks leading up to the finale day that you can make a big impact on The Brain Injury Association of Maryland.

On Giving Tuesday charities, families, businesses, community centers, and students around the world will come together for one common purpose:

TO CELEBRATE GENEROSITY AND TO GIVE.

So what is the BIAMD #GivingBRAINday? For the last 30 years, the Brain Injury Association of Maryland has been the only statewide source of information on brain injury resources. We have provided help, hope and healing to Marylanders who have sustained a brain injury and their families. The Brain Injury Association of Maryland is taking #GIVINGTUESDAY a global day dedicated to giving and adding a more personal flavor. We chose to emphasize that all donations raised during the #GivingTUESDAY campaign will be applied directly to the information and assistance services we provide free to Marylander's living with brain injury every single day. In 2015 our #GivingTuesday Campaign **raised over \$2,000**. A huge **THANK YOU** to everyone who donated and made us a priority in their season of giving!

We are grateful for your ongoing interest and support in our programs, initiatives and services. Your support, throughout the year, and during this #GivingTuesday, will allow us to continue providing free assistance to those in need during their most desperate hours.

If we aren't there to answer their call, who will be?



#GIVINGBR  INDAY

Statewide Brain Injury Support Groups

BALTIMORE

Brain Injury Support Group

UM Rehab & Ortho Institute
(formerly named Kernan Hosp)
Baltimore
1st Monday, 6:30p – 8:00p
Candace Rebeck
(410) 448-6303
crebeck@kernan.umm.edu

Caregivers Support Group

UM Rehab & Ortho Institute,
Baltimore
4th Tuesday, 6:00p – 7:00p
Gwen Alexander
(410) 448-6311

Stroke Support Group

UM Rehab & Ortho Institute, Baltimore
Meets monthly 10:00a – Noon
Pam Cauley (410) 448-6320
Call for the monthly calendar

Sinai RETURN! Brain Injury Support Group

Sinai Hospital - Schoeneman Bldg Baltimore
3rd Tuesday, 7:00p – 8:30p
Lauren Smenton
(410)-601-6080
lsmenton@lifebridgehealth.org

Brain Injury Support Group for Families and Caregivers

Mt. Washington Pediatric Hospital
Every Friday 10:00 am – 11:00 am
Call (410)578-5080

EASTERN SHORE AREA

Salisbury Support Group for survivors, caregivers, families and friends

Chesapeake Rehab Hospital, Salisbury
2nd Tuesday, 6:00p
Dr. Glen Brooks (410) 546-4600 or
(800)938-4600
Anne Clay (410) 742-2820

WASHINGTON DC AREA

BIADC Support Group

National Rehab Hospital, DC
3rd Wed., 5:30p – 7:30p
Ellen Ramsay (BIA of DC)
(301)641- 4793
Carol Bartlett (NRH) (202) 877-1642
ellenwramsay@verizon.net

WASHINGTON DC AREA

Young Stroke Group (20's – 60's)

Bethesda/Rockville area
1st & 3rd Fridays, 10:30a – Noon
Susan Emery (301)792-0781
susan@circleofrights.org

Rockville Brain Injury Support Group

Adventist Rehab Hospital
Rockville, MD
2nd & 4th Thursdays, 6:30p – 7:30p
Tom Wilkinson 240-498-3981
evolvabi@gmail.com

Breakfast AA Beginner's Meeting

HIRRS in Rockville, MD
11 Taft Court, Suite 100
Rockville, MD
Every Friday 9:30am – 10:30am
Rudy Washington (240) 600-4535
rudolphf67@gmail.com

WESTERN AREA

Mind Matters Support Group for Survivors and Caregivers

Transitions Healthcare Sykesville
Sykesville, MD
4th Wednesday, 7:00pm
Rachel Guilfoyle
(410)-795-1100
rguilfoyle@transitionshealthcarellc.com

Headway Support Group

Western Maryland Hospital Center
Hagerstown, MD
4th Monday, 3:00p
Annie Thrift
(301) 745-4548
annie.thrift@maryland.gov

Frederick TBI Support Group for Survivors; Family & Friends invited

Arc of Frederick Co., Frederick, MD
1st Thursday, 6:30p – 7:30p
Anjela McNally (301) 663-0909 x153
amcnally@arcfc.org

NORTHERN AREA

Caregivers Support Group

Union Hospital, Adult Daycare Cntr
3rd Wednesday, 4:00p – 5:00p
Jakie Pugh (410) 392-0539

SOUTHERN AREA

Charles Co. Brain Injury Support Group

Spring Dell Center
La Plata, MD
2nd Thurs. of each month at 6:30 pm
All meetings held in the Spring Dell Center
conference room at the Radio Station Rd.
location
Tina Sheff
(301) 934-4561
tsheff@springdellcenter.org

CENTRAL AREA

Anne Arundel County Brain Injury Support Group

LifeQuest – Mary T. Maryland
Severna Park, MD
3rd Tuesday, 7:00p – 8:30p
Debbie Cottrill (410) 320-8948
senjidog@verizon.net

Fresh Start Meeting of Alcoholics Anonymous

An open 12 step mtg geared to individuals
living with brain injury & substance abuse
Mary T. Maryland, Severna Park
Wednesday evenings, 6 p.m.
Martin (443) 756-3419 or
Jennifer (443) 481-0317
Mwkerri1@hotmail.com

ONLINE SUPPORT GROUPS

www.dailystrength.org/c/Brain-Injury/support-group

www.traumaticbraininjuryforum.com

www.tbinet.org/support1.htm

The Knockout Project – an online
Youth athlete concussion support group
<http://theknockoutproject.org/wp/>

Please call the contact person before attending your first support group meeting. Groups may occasionally change a meeting time or location. Thank you!



**BRAIN INJURY
ASSOCIATION**
OF MARYLAND

2200 Kernan Drive
Baltimore, MD 21207



EAT-A-PEACH CHALLENGE IS BACK!

MARK YOUR CALENDARS!
Saturday, August 13, 2016



**BRAIN INJURY
ASSOCIATION**
OF MARYLAND

**Carroll County
Agricultural Center in
Westminster, MD
Start Time: 7:00am—9:00am
a Fundraising Ride supporting BIAMD**

**For more ride information please visit www.biamd.org or
contact BIAMD at 1-800-221-6443**