



# HEADWAY

## Brain Injury Association of Maryland Newsletter



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### BIAMD Officers and Staff

Sharon Christie  
President

Terry Kirtz  
Vice President

Dave Scallion  
Treasurer

Denise Epps  
Secretary

Bryan Pugh  
Executive Director

Caitlin Exline Starr  
Manager of Support Services

Alicia Cignatta  
Outreach Coordinator

# Message from the Board President

I am honored to have been elected President of the BIAMD Board. I want to thank our outgoing President, Deb Youngquist, and outgoing Board members, Jamie McElwee and Teri Bishoff McDonald, for their years of service and dedication to the Board.

I have worked professionally with brain injury survivors for many years, first as a nurse and now as a disability attorney. I see firsthand the devastating effects that brain injuries have on patients and families. But I also see firsthand the lifeline that BIAMD is for these patients and families. Our staff does an amazing job of counseling, comforting and educating. When a family member does not know where to turn BIAMD is there to help.

Our Board is excited to help BIAMD continue to provide this excellent service. We have an ambitious agenda focused on strengthening BIAMD and expanding the reach of our services. We just concluded a highly successful Scarecrow 5K run and fun walk. We look forward to holding several events throughout the year, including the Annual Conference, several bowling events and the Scarecrow 5K run and fun walk. We look forward to seeing you at some or all of them.

Most Sincerely,  
Sharon Christie, Esquire  
President, Brain Injury Association of Maryland

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## 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](http://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

For anyone who works with a nonprofit organization, be it a community service organization, recreation league, church, temple or mosque, you know the importance and dedication of the folks who serve as board members. In September, BIAMD three of our strongest Board members left the board as their terms expired. These long-term board members were simply amazing.

Other than to “serve Maryland’s brain injury community”, the founding board members of what was to become the Brain Injury Association of Maryland gave little direction to future generations. Subsequent board members had to determine funding priorities, develop financial management and investment practices, hire consultants and vendors, find office space, hire staff, and most importantly listen to needs of the community.

BIAMD has benefited greatly from the leadership of these outstanding men and women. They developed a mission and instilled a work ethic that is strong and comprehensive. They established funding guidelines and financial policies that are intended to be both transparent and fair. They made sure we put policies and procedures in place to not only enhance the lives of the individuals and families we serve, but also to improve the association’s ability to deliver quality services and innovative solutions. They challenged us to take risks and to get deeply involved in public policy discussions that affect the underserved and underrepresented.

As BIAMD transitions to new board leadership, I want to take time to thank our outgoing board members: Deb Youngquist, Jamie McElwee, and Terri Bishoff McDonald. Thanks for your leadership and friendship! Deb has been on and off the Board in a variety of roles, small and large for the better part of the organization’s life. Time for a break, but we know you will be back! Jamie has been the organization’s fiscal and business conscience since her arrival. A voice of reason and truth, not always easy to hear, but critically important in order to “do the right thing”. She will remain on as a consultant in some of our events and we are so grateful for that. Terri has appeared whenever and wherever she is needed. Whether it be working on most of BIAMD’s Committees, bringing food on race day, serving behind the scenes at Conference Registration, helping out at bowling events, or just bringing herself and her kids to lend a hand. We are lucky she will be staying on to help us on our ongoing events and initiatives.

We welcome new leaders to the BIAMD board: Sharon Christie as President, Terry Kirtz as Vice President, Dave Scallion as Treasurer, and Denise Epps as Secretary. We also officially welcome Dr. Dan Sullivan and Yelena Tuerk as well. We look forward to working with these Board leaders in their new roles as we continue the journey of providing leadership, advocacy and resources that eliminate barriers to quality health for Marylanders with brain injuries, their families and the professionals who serve them.

Warm Regards,  
Bryan Thomas Pugh  
Executive Director

# Recap of Virtual Town Hall Meeting

September 22nd, 2016

The Brain Injury Association of Maryland's year in review. Our annual virtual town hall meeting allows us to connect with our community to update them about our previous fiscal year, and elect new board members. This year, as seen in our new Board Presidents and Executive Director's messages, we had three wonderful individuals who finished their terms on our board.

The brain injury community helped us elect 3 new wonderful board members:

Dr. Dan Sullivan with Western Maryland Hospital Center, Dave Scanlion with the American Beverage Association, and Yuelna Tuerk with University of Maryland Rehabilitation and Orthopaedic Institute. They will be wonderful assets to our organization, and help us keep moving forward to best serve individuals who have sustained brain injury's, and their families.

The BIAMD always looks forward to hearing feedback from the community. Let us know how we are doing! Interested in participating in next years Annual Town Hall Meeting? Send an email to [info@biamd.org](mailto:info@biamd.org) and join our mailing list!

## 2015-2016 Fiscal Year



## Final Quarter



# Call for Presentations



## Annual Education Conference March 2017

**Location:** North Baltimore Radison-2004 Greenspring Drive, Timonium, MD 21093

**Audience:** Individuals with brain injury, family members/caregivers, and a wide range of providers and professionals, including educators, clinical and medical professionals, and representatives from state agencies.

**Topics and Presentations:** Progress, current and future challenges, strategies for improvement concerning all quality of life issues faced by individuals with brain injury and their families. Presentations should be 60 minutes long; this includes questions and answers from the audience.

- Systematic approaches for identification of brain injury & their implications
- Advances in emergency responsiveness, medical treatment, services & supports
- Co-occurring Conditions (for example, BI and mental health and/or substance abuse)
- Risk Factors for Individual with BI & Prevention Strategies
- Aging with brain injury -- from the individual and family members' perspectives
- Education, Transition to Work, Employment
- Assistive Technology, natural supports (strategies to maximize independence)
- Health, Wellness & Pursuit of the Good Life
- Awareness, Activism & Community Responsiveness
- Systems Change, Government Responsiveness, Partnerships & Collaborative Initiatives

**Deadline:** All proposals must be received by **October 1, 2016**. Abstracts must be complete and received by this deadline in order to be considered for acceptance. The Conference Planning Committee will review proposals and make decisions at the end of November 2016. Up to 2 presenters per session will attend for free on the day of their presentation.

*Please submit proposals by filling out the form on our website:*

<http://bit.ly/2017BIAMDCall>

Brain Injury Association of Maryland  
2200 Kernan Drive | Baltimore, MD 21207-6665  
Phone: 410.448.2924 \*[www.biamd.org](http://www.biamd.org)\* [info@biamd.org](mailto:info@biamd.org)

# 11th Annual Scarecrow 5K Run/Walk!

The Brain Injury Association of MD held its 11th Annual Scarecrow 5k run, 1 mile walk Fundraiser on October 2, 2016 at the beautiful University of Maryland Baltimore County Campus. After cloud cover, and threat of rain over 200 runners and walkers arrived at the race ready for fun, food, and a chance to place!



Runners and Walkers enjoyed a foggy and cool morning without rain, a chance to win door prizes, enjoyed delicious food including bagels provided by Flagship Cinemas and Panera Bread, banana's provided by Giant, cereal bars provided by Wegmans, water bottle provided by the American Beverage Association, and fruit, cider, and pretzels provided by Graul's Market. BIAMD continued the tradition of recognizing survivors by honoring them with 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 \$17,000. 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 2017 Scarecrow and we hope to see you there!

## Overall Champions

**Overall Top 3 Male Winners (in order):** Mark Landree, Paul Chasen, Jonathon Moore

**Overall Top 3 Female Winners (in order):** Annie Leslie, Cassidy Burdette, Matina Raftery

**Overall Top 3 Fundraisers (in order):** BURD Brains, National Rehab Network, Cerebral Striders

## First Place Finishers

**Male 15 and Under -** Jacob Ham

**Male 16-19 -** Henry David Gannt

**Male 20-29 -** Dominick Laws

**Male 30-39 -** Martin Kerrigan

**Male 40-49 -** Dallas Reed

**Male 50-59 -** Brian Daugherty

**Male 60-69 -** Debbue Twombly

**Male 70 and Over -** Ted Westley

**Female 15 and Under -** Erika Landree

**Female 16-19 -** Lindsay Kohan

**Female 20-29 -** Hiroko Nishimura

**Female 30-39 -** Darya Fakory

**Female 40-49 -** Georgina Woiak

**Female 50-59 -** Erica Chasen

**Female 60-69 -** Nora Whitmore

**Female 70 and Over -** Judy Irwin



UMBC Phi Delta Epsilon handing out medals to survivors



Prince made an appearance!



Survivors and their medals!

# Thank You Scarecrow Sponsors!



# TBI Survivor and the Greene Turtle of Pasadena Give Back to the Community



Just 6 months after a near-fatal car accident left Caroline Jordan of Glen Burnie, Maryland with a Traumatic Brain Injury, she was joined by family, friends and the community that have supported her throughout to celebrate her 23rd birthday. Caroline's progress has been remarkable and is attributed to her fighting spirit, faith and the love and support of not just her family and friends, but the medical community and advocates who have been by her side. As Caroline began to plan her party—an otherwise routine exercise that was beyond hope in the months immediately following the accident—she wanted to find a way to give back to the community.



Caroline pictured with her best friend, Stephen

That desire to give back became reality on Sunday, October 9, 2016 when Caroline partnered with the Greene Turtle of Pasadena to host a birthday party that would benefit the Brain Injury Association of Maryland. That night, more than 70 people came out to cheer her on in her recovery. Almost \$200 was raised through their generosity and the Greene Turtle. (A percentage of their food and beverage purchases was donated back to the Brain Injury Association by the Greene Turtle of Pasadena.)

“I am so grateful for the support I received during my recovery and I wanted to help others in some way,” remarked Caroline. “The Brain Injury Association of Maryland has been there as an advocate for me, even when I was unable to guide my own progress, by providing resources and support to my family.”

On hand to accept the donation was Caitlin Starr, Manager of Support Services, of the Brain Injury Association of Maryland. “We are grateful to Caroline, her family and the Greene Turtle of Pasadena for their partnership with the Brain Injury Association of Maryland,” remarked Caitlin. “We strive to bring health, hope and healing to all Marylanders living with brain injury, their families and the professionals who serve them.”

Also recognized that night were the three men that rescued Caroline from her vehicle in the moments following the accident. They were presented with Executive Citations signed by Anne Arundel County Executive Steve Schuh for their quick response and sharp instincts that saved the life of another. Caroline and her family also expressed their gratitude for their heroic efforts and how they, and their families, will always be connected.

## Meet BIAMD's Student Intern: Morgan Kemp!



Morgan is a junior at Glenelg High School in Howard County, Maryland. Through the Gifted and Talented Internship and Mentorship Program. In this program, Morgan studies her field of interest through her internship with BIAMD, and conducts individual research, throughout the school year, to comprise a synthesis paper and final project. Morgan's specific study topic is concussions, and awareness of the injury. She has studied the current research and knowledge in the “world” of concussions. For her project, Morgan hopes to develop and implement a concussion based health curriculum into Howard County Public Schools' Elementary Schools. Morgan is very interested in the world of medicine, neurology, and brain injuries!



INVITES YOU TO ATTEND

## Treating Brain Injury: What Your Patients Want You to Know

**Saturday, November 12, 2016**

**9:00 AM – 3:00 PM**

University of Maryland Rehabilitation & Orthopaedic Institute  
Flynn Conference Room A, B & C  
2200 Kernan Drive  
Baltimore, MD 21207

### Topics

*\*Diagnosis \*How to communicate medical information effectively \*Confabulation*

*\*How to advocate for your patient \*Spasticity \*Resources for brain injury*

*\*Health Information Exchange, CRISP*

*Eugenio Rocksmith, M.D.*

*Course Director*

**Register Online:**

**For November 12<sup>th</sup>:** <http://cmetracker.net/UMD/Login?Formname=RegLoginLive&eventID=15581>

*Fee: \$40*

*Lunch will be provided*

*For immediate information, please contact Kara Keller at 410-371-7117*

### Accreditation:

The University of Maryland School Of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Statement:

The University of Maryland School Of Medicine designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Featured Picture:

This quarter, we are featuring a picture of a quilt, which was hand-made by Carol Overstreet, who resides in Anne Arundel County, Maryland. She utilized squares that were decorated by individuals who attend the Anne Arundel County Brain Injury Support Group run by Deb Cottrill. Deb was instrumental in passing along the squares once the individuals had completed them. The purpose of the quilt was to allow individuals to share their stories, or things they enjoyed in order to bring awareness to brain injuries, and the effects.

The BIAMD is planning on taking it with them to the annual Brain Injury Awareness Day in Annapolis, Maryland, to show state representatives who serve these individuals, and show case it as our Annual Educational Conference.

A huge thank you goes to Carol for compiling all of the squares submitting and donating the quilt to the Brain Injury Association of Maryland. Another thank you to Deb Cottrill for organizing the individuals, and sending the squares! Finally, the largest thank you goes to the individuals who submitted squares to be included in the quilt.

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## Governor's Maryland Traumatic Brain Injury Advisory Board

This Advisory Board was appointed by the Governor to fulfill the 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 on the Governor's Board, which are open to 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

TBI Advisory Board meetings are open to the public, and the next meeting will be held:

**November 9, 2016**  
at Maryland Department of Transportation - 7301 Corporate Center Drive, Hanover, MD 21076  
1:00pm - 3:00pm

## 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 Brain Injury Association of Maryland and Behavioral Health Administration are working together to help build Maryland's capacity to better serve individuals living with Traumatic Brain Injury (TBI), and their families by offering training to professionals and organizations that want to enhance their ability to serve individuals who have a history of brain injury.

Our three hour in-person training addresses the following:

- Overview of TBI, who is affected and how
- The connection between TBI, mental health and substance use related disorders
- How to use a quick screening tool to help determine a probable history of TBI
- An introduction to strategies and supports that can be used to help engage people who have TBI related challenges and diminish barriers that prevent full participation at home, work, and the community
- What are the resources and services available to professionals, individuals living with brain injury, and their families around the state and how to access them

**For more information, or to schedule a training, please contact:**

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

## Interested in Advertising?

You can now have your company's 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

Please contact Bryan if you are interested in learning about your sponsorship information and ad sizing!

## BIAMD Board of Directors

**Sharon Christie - President**  
**Terry Kirtz - Vice President**  
**Christine Shenot - Secretary**  
**Dave Scallion - Treasurer**  
**Matt Lily - Board Liaison**

**Joan Carney**  
**Denise Epps**  
**Pam Hawkins**  
**Karen Memphis**  
**Dan Sullivan**  
**Yulena Tuerk**  
**Lisa Wardle**  
**Jean Wilson**

## Frances Bateson-Dexter Scholarship Fund

Consider making a contribution to the Frances Bateson-Dexter Scholarship Fund. The Fund provides scholarships to individuals with brain injuries in financial need who wish to attend BIAMD's 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 BIAMD's Annual Conference program.

## 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. BIAMD has grown to become the premier source of information, education, advocacy, and hope for the brain injured community in Maryland. Our clinical staff, Caitlin Starr, who 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:

**Caitlin Starr**  
**Manager of Support Services**  
starr@biamd.org  
410-448-2924 (x1004)

(800)-221-6443 or (410)-448-2924

## 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 Rebuck, (410) 448-6303  
crebuck@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

**Planting the Seed**  
UM Rehab & Ortho Institute (formerly named Kernan Hosp)  
Baltimore  
3rd Monday, 6:30p – 8:00p  
This is not a 12 step meeting. It is an opportunity for individuals to share with one another and their experiences with addition and brain injuries, and use one another as resources.  
Martin Kerrigan: 443-756-3419  
Kara Keller: 410-371-7117

**Brain Injury Caregiver's Support Group**  
Loyola Clinical Centers, Belvedere Clinic,  
5911 York Road, Suite 100  
Baltimore, MD 21212  
Every Thursday, 5:00p-6:30p  
Phone: 401.617. 1200  
email: theclinics@loyola.edu

### 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  
carol.bartlett@medstar.net

### 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

### The John "Jack" Godfrey

**Brain Injury Support Group at Prince George's**  
Family Health and Wellness Center of Cheverly  
Spellman Conference Room, 1st Floor  
2nd Tuesday, 6:00pm -7:00pm  
Dawn Moreland, (301)-618-2364  
dawn.moreland@dimensionshealth.org

### 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 Center  
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.tbnet.org/support1.htm  
\*The Knockout Project – an online Youth athlete concussion support group

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

www.biamd.org



2200 Kernan Drive  
Baltimore, MD 21207

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**Black Friday. Cyber Monday.**

**#GIVINGTUESDAY™**

**November 29, 2016**

IN Maryland, it's

**#GIVINGBR**  **INDAY**

Go to

<http://www.biamd.org/givingbrainday2016.html>

and make your donation Today!