



presents

MAKING YOUR BEST MOVE



2019 BIAMD ANNUAL CONFERENCE
RADISSON HOTEL-NORTH BALTIMORE
TIMONIUM, MD
MARCH 28-29, 2019

Register online: bit.ly/2019_BIAMD

Sponsorship Levels

The Brain Injury Association of Maryland (BIAMD) gratefully acknowledges the generosity of the following underwriters and sponsors who have committed their support to this conference and BIAMD.

Corporate Sponsor Level – \$9500

Platinum Level – \$5000

Gold Level – \$3000

Silver Level – \$1500

Bronze Level – \$1195

Emerald Level – \$895

*The BIAMD especially thanks
ALCO Pharmacy, John Dexter, The Posner-Wallace Foundation
for their continued support of the
Frances Bateson Dexter Educational Scholarship Fund (the Frances Fund)*

For more information about applying for a scholarship or making a donation to the fund, please contact the BIAMD office at 800-221-6443 or info@BIAMD.org.

7:15 am – 8:00 am **REGISTRATION AND CONTINENTAL BREAKFAST**

8:00 am – 8:15 am **WELCOME & CONFERENCE OVERVIEW**

8:15 am – 9:30 am **OPENING KEYNOTE**

Heads Up: Revising Concepts of Brain Trauma and Sport Related Head Injury

Alan I Faden, M.D.

During the past two decades, and particularly the last several years, there have considerable advances related to the pathobiology, diagnosis and potential treatment for traumatic brain injury (TBI). Mild TBI, including concussion, is increasingly recognized as a potentially disabling injury, with frequent long-term neurobehavioral consequences. Moreover, several important neurodegenerative disorders have been linked to TBI - including chronic traumatic encephalopathy, Alzheimer disease and non-Alzheimer dementias. The recognized pathophysiological consequences of brain trauma have led to the evaluation of multiple blood and CSF biomarkers, as well as advanced imaging modalities including positron emission tomography, magnetic resonance imaging, magnetic resonance spectroscopy and magnetoencephalography. Importantly, sustained neurotoxic brain inflammation after TBI has been well-established clinically and experimentally, and may allow for effective, late treatment of brain trauma. This lecture summarized the more important of these recent developments and suggests future directions for prevention, diagnosis and treatment.

9:30 am – 10:00 am **BREAK/EXHIBITORS/SILENT AUCTION**

10:00 am – 11:00 am **CONCURRENT MORNING BREAKOUT SESSIONS – D**

Please chose only one session and make your selection for the appropriate course on the online registration form.

D1 Back to Good (Survivors only)

Martin Kerrigan, M.A., Ed.S. (S ONLY)

Survivors of brain injury often find themselves pursuing new work and pastimes, and in both cases, the process can be as much about self-discovery as it is about learning new skills and tasks. This interactive session will engage participants in the topic of recovery as just one more expression of the lifelong journey that all people take. This session will explore how survivors of brain injury must often look at who they are and redefine certain aspects of their identity. Although brain injury brings distinct challenges, we grow and evolve in the search for what we do well and what makes us happy. Please come prepared to share your own experiences.

D2 Caregivers Sharing Session (Non-Professional Caregivers Only)

Terry Kirtz, MEd, CBIS (F ONLY)

This session is an open forum where caregivers can share—in a non-threatening environment—the trials and tribulations that they encounter while caregiving for individuals with brain injury. Resources and coping techniques for the caregiver and individuals with brain injury will be shared. This session is open to family and friends who are caregivers—it is *not for professional caregivers*.

D3 Insight to the Other Side

Karly Brown, MS, OTR/L; Amanda Shears, OTR/L (A)

As Occupational Therapists, we work with patients to develop a strategic plan to facilitate occupational participation. We plan and develop treatment; we administer assessments and measure progress as we assist our clients in maximizing their functional outcomes. But what happens when the tables are turned, when we find ourselves facing extreme odds? What do we do when we are faced with disaster, when habitual tasks such as walking to the mailbox, or remembering our name become our primary focus? We turn to health care professionals with hope that they have insight into the patient side. We are here to offer insight through our lens as a patient and how it lead us to where we are today.

D4 State of Crisis: Maryland's Opioid Crisis and How You Can Make a Difference *Roy Film, MPT, DPT, OCS, FAAOMPT (A)*

A challenge faced by rehabilitation professionals is understanding how rehabilitation interventions make a difference in an individual's physical, cognitive, social and emotional functioning. In this presentation, we will review outcomes data from an organization that provides acute inpatient and outpatient rehabilitation, and from a post acute rehabilitation provider. The use of outcomes data to identify progress

D5 It is All One Brain: Brain Injury in Women who are Abused from Head Injury and Strangulation (A)

Jacquelyn Campbell, Ph.D., RN, FAAN; Michelle Patch, MSN, APRN-CNS, ACNS-BC

This presentation will provide an overview of research on brain injury in women who are abused from head injury and/or strangulation. Using data from a retrospective study of 832 women who were abused in primary care, the prevalence of head injury and strangulation from intimate partner violence and the associations of long term central neurological symptoms with those brain injuries will be discussed. Additionally, suggestions for protocols will be offered.

D6 The Impacts of Robotics within Inpatient Rehabilitation After Brain Injury (H)

Jennifer Vance, MOTR/L, CPAM; Megan Essman, OTR/L, CPAM

This presentation will address the benefits of robotic and technology-assisted therapies for cognitive and motor recovery in patients with brain injury. Use of evidence, characteristics of devices, and treatment strategies within inpatient rehabilitation environment, and impact on patient recovery will be discussed. Using case studies, attendees will learn robotic treatment interventions and their impact on brain injury recovery.

D7 Working with Traumatic Brain Injury From a Student's Perspective *Clara Ko, M.S.; Ryan Schluter, M.A., LGPC (F, H)*

This presentation focuses on aiding providers/caregivers who are or plan on working with individuals with traumatic brain injury (TBI). The objectives include identifying the common symptoms seen in individuals with TBI, describing the experiences of providers/caregivers when working with this population, and introducing strategies to most effectively work with individuals with TBI. Since providers/caregivers have been found to experience burnout as a result of supporting individuals through their recovery, this presentation focuses on self-care.

Please choose only one session and make your selection for the appropriate course on the online registration form.

- E1 Vocational Rehabilitation and Brain Injury** *Tom Wilkinson, B.A., CBIS; Kimberly Grade, M.S. (H)*
This presentation is focused on describing the vocational rehabilitation process to include navigating community based services/funding sources, the involvement of ongoing clinical services, job development, placement and job coaching and the overall management of cases. The presentation will also include case studies showing the wider variety of barriers and success in the process.
- E2 Making the Connection: Brain Injury and Addiction in Treatment and the Community** *Anastasia Edmonston, MS, CRC (A)*
The link between traumatic brain injury and addiction as it relates to alcohol is well documented in the literature. Individuals who misuse alcohol are at higher risk of incurring a traumatic brain injury and survivors of traumatic brain injury are vulnerable of either resuming unsafe drinking level or are vulnerable to risky alcohol use. Due to the recent national opioid epidemic, a similar pattern of opioid use has been linked to both traumatic brain injury and acquired brain injury. This presentation will provide an overview of what is currently known about opioid use and brain injury as well as offer attendees the opportunity to become certified to administer Naloxone in order to reverse an opioid overdose.
- E3 Mindfulness for Caregivers and Clinicians** *Lauren Bathgate, LCSW-C (A)*
There is growing evidence and attention to support the use of mindfulness as a means to promote overall health and well-being across all domains—physical, mental, emotional and spiritual. During this presentation, participants will learn about mindfulness and take away practical tools for use in buffering the effects of stress in daily life.
- E4 Now What? Two Paths Through Traumatic Brain Injury Survival and Recovery** *(A)*
Susan Hahn, LCSW-C, PCC, CPDC, Carrie Root
Following separate tragic accidents, Susan and Carrie were both diagnosed with traumatic brain injuries. In addition to the TBIs, both sustained devastating injuries to bones, muscles, and tendons. Both underwent several surgeries, followed by occupational, physical, and speech therapy. It is now 5+ years post-accident for both Susan and Carrie, and they want to enlighten the medical community, family, friends, and care-givers about how deeply this silent epidemic impacts those in recovery. It is common that survivors keep secrets. Carrie and Susan want you to know about some of the secrets and will answer the “why” from their perspectives. Each will tell their story and highlight three significant points they want the audience to understand from the perspective of TBI survivors.
- E5 PseudoBulbar Affect** *Kevin Winterling, Ph.D. (A)*
Learn about symptoms of PBA that can occur as a result of injuries and lesions in the brain. A discussion around what PseudoBulbar Affect (PBA) looks like and how it impacts individuals and those caring for them.
- E6 The Role of Cognitive Behavioral Intervention in Pediatric Concussion** *Lindsay Cirincione, Psy.D. (A)*
This presentation will examine the evidence base for Cognitive Behavioral Therapy (CBT) intervention in supporting the recovery of children who have sustained a concussion and will present a model for incorporating CBT intervention into the multidisciplinary treatment setting.
- E7 Supported Decision Making: What, Why, and How** *Morgan Whitlatch, J.D.; Jessica Bronson, J.D. (A)*
Supported Decision-Making (SDM) is a way people with disabilities and older adults can make their own decisions, by using friends, family members, professionals, and other people he or she trusts to help understand the issues and choices faced, ask questions, receive explanations in language he or she understands, and communicate his or her choices to others. In this interactive presentation, we will discuss what SDM means in practical, everyday terms; why it is important in the lives of people with disabilities; and how it is emerging in practice across the United States. We will review recent local, state, and national efforts to develop innovative SDM strategies to shift practices to be more in line with supporting respect, dignity, and personal autonomy for all people in the areas of health care, person-centered planning, and independent living. The information shared during the presentatoin will be based on the work of the National Resource Center for Supported Decision-Making, which is led by Quality Trust and funded by the U.S. Administration on Community Living since 2014. The National Resource Center focuses on advancing research, training, and information sharing about SDM, with the goal of identifying, developing, and promoting principles and tools for interdisciplinary support of such practices across the lifespan.

SILENT AUCTION CLOSSES AT 1:15 PM

Friday's schedule continues on the next page.



http://bit.ly/2019_BIAMD

Please chose only one session and make your selection for the appropriate course on the online registration form.

- F1 Benefits of Early Nutrition Intervention with a Traumatic Brain Injury** *Denise Lichaa, RD, LDN; Shelby Grande, RD (H)*
Metabolic changes with a traumatic brain injury leads to rapid muscle wasting. Early nutrition intervention is critical for slowing the process. Identifying patient's at risk for malnutrition using the latest guidelines, early intervention, and physical nutrition assessment are all pieces of the puzzle. Learn about ways to support healing the brain during and after the injury.
- F2 “Pusher Syndrome” Following Neurological Diagnoses: Informed Treatment Strategies** **(H)**
Amanda Leonard, PT, DScPT, NCS; Marion Norman, DPT
This course will focus on contraversive pushing (“pusher’s syndrome”) including the physiological cause, clinical assessment scales, the impact that “pushing” has on functional outcomes, and evidence- based treatment activities with progressions. Learn how to identify when a client is demonstrating pushing behavior, how to implement and progress various treatment strategies, and how to grade the severity of pushing with evidence- based clinical examination tools. An interactive approach will allow participants to further understand the process and importance of implementing individualized treatment techniques. This course is applicable to clinicians and other health care professionals working with clients with neurological diagnoses, complicated by contraversive pushing, who wish to further their knowledge of specific evaluation and treatment techniques.
- F3 Post Traumatic Vision Syndrome** *Jennifer Kungle, O.D., FCOVD (H)*
This presentation is designed to educate participants on Post Traumatic Vision Syndrome. Learn the signs and symptoms of this syndrome, along with techniques on how to help neuro-compromised patients.
- F4 Evaluation of Cognitive and Functional Performance: Implications for Practice** *Caitlin Synovec, OTD, OTR/L, BCMH (H)*
Recent research has indicated that individuals who have sustained a medical event possibly impacting function (such as a traumatic brain injury or stroke) benefit from comprehensive functional evaluations to determine the impact of medical events on cognition. This presentation will discuss recent research regarding the importance of both cognitive and functional evaluations within occupational therapy practice, as well as best practices for incorporating these evaluations into clinical settings.
- F5 Understanding and Improving Executive Function in Brain Injury** **(A)**
Jacqueline Weaver, Psy.D.; Cordelia Peters, CCC-SLP
This presentation will address the medically at-risk driver with a brain injury, such as a Traumatic Brain Injury or Stroke. Additionally, this presentation will provide an overview of the Maryland MVA review process used to determine the ability of an individual to safely drive.
- F6 Estate Planning for an Individual with a Brain Injury: A Step-By-Step Approach** *Stephen R. Elville, J.D., LL.M. (F, S)*
This presentation will discuss the challenges for individuals with a brain injury face when it comes to engaging in their own estate planning – both for future incapacity planning and for the final disposition of their estate (legacy planning). This presentation focuses on the practical problems involved in estate and elder law planning as survivors of brain injury pick up the pieces and move forward with their lives.

2:30 pm – 2:45 pm

BREAK/EXHIBITORS

2:45 am – 4:00 pm

CLOSING KEYNOTE**A Personal Story of One Family's Journey to Normalcy***Mary Pat Collins and Kathleen Neff*

This presentation is a family's raw and personal story of dealing with the aftermath of one family member's brain injury. The journey begins at the place of accident and continues through the early hospital days to the challenges of finding rehab to the maze of decisions that had to be made to craft solutions. The journey has not ended but continues with showing the ongoing challenges of this complex situation.

4:00 pm – 4:30 pm

Closing Remarks/Drawing Winners Announced

Keynote Speakers

Opening Keynote Speaker on Thursday, March 28, 2019



Dr. Kim Gorgens, a neuropsychologist, has been working for decades to understand brain injuries, and has seen firsthand the damage brain injury can do. And as a former chair of the State of Colorado Traumatic Brain Injury Trust Fund Board and a member of the Colorado Brain Injury Legislative Collaborative, she helped draft the Colorado law around youth sports injuries. Kim Gorgens is a Professor of Psychophysiology, Clinical Neuropsychology, and Psychology of Criminal Behavior at the University of Denver. She manages a large portfolio of traumatic brain injury (TBI) related research and has lectured extensively on those issues (including this 2010 TED talk on youth sports concussion, a 2018 TEDxMileHigh talk on brain injuries in criminal justice, several NPR spots and an interview on CNN with Anderson Cooper). Her work has been featured in USNews, Newsweek, Men's Health, Salon.com, and more. She completed a postdoctoral fellowship in Clinical Neuropsychology and is board certified in Rehabilitation Psychology. She is a fellow of the American Psychological Association's Division 22, Rehabilitation Psychology and Vice President of the American Board of Rehabilitation Psychology. Her research studies the reported injury history, cognitive function and brain biomarkers of youth and college athletes, probationers and inmates. Her mission is to better understand the short and long-term impacts of injuring our most vital organ.

Closing Keynote Speaker on Thursday, March 28, 2019



Adam Pearce is the Co-founder and Executive Director of the LoveYourBrain Foundation, a non-profit that offers programs to build community and foster resilience for people with traumatic brain injury and their caregivers. Adam oversees the expansion of the LoveYourBrain Yoga program across the United States and Canada, leads retreats for people affected by brain injury based on the pillars of mindfulness, movement, community, and nutrition, and is developing a neuroscience-inspired mindfulness curriculum to educate youth about how to live a LoveYourBrain mindset.

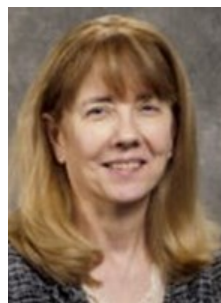
Opening Keynote Speaker on Friday, March 29, 2019



Dr. Alan Faden is a neurologist who is an internationally recognized leader in neurotrauma. As director of the Center for Shock, Trauma and Anesthesiology Research (STAR), Dr. Faden oversees multidisciplinary research focusing on brain injuries, critical care, and organ support, resuscitation, surgical outcomes, patient safety and injury prevention. He also serves as the Scientific Co-Director for the newly established bi-campus Center for Sports Medicine Health and Human Performance, as well as Associate Dean for Trans-Campus Research Advancement.

His present research focuses on the pathobiology and treatment of traumatic brain and spinal cord injuries, mechanisms of cell death, neuroinflammation, central pain and drug discovery

Closing Keynote Speaker on Friday, March 29, 2019



Mary Pat Collins has retired from her career in technology, having served primarily at the Federal Reserve Board of Governors and IBM. She holds a Masters degree in Computer Science. She also has served in the US Navy. She is the mother of an adult daughter with a several brain injury.

The Brain Injury Association of Maryland (BIAMD) Annual Conference has lots to offer . . .

Quiet Space

For those who need to get away from the hustle and bustle of the conference, silent auction, and other activities, "Quiet Space" will be available. Signs will be posted to direct you to the "Quiet Space." You may also ask for assistance at the conference registration table.

Scholarships

The Frances Bateson Dexter Educational Scholarship Fund provides a limited number of scholarships to assist (1) individuals with brain injury and (2) family members who are BIAMD members and in financial need who want to attend the conference. Please contact the BIAMD office at 800-221-6443 or info@BIAMD.org for more information about receiving a scholarship or if you would like to make a donation to the "Frances Fund."

The scholarship request deadline is March 1, 2019

The Silent Auction

- ★ A conference favorite, join in the fun of bidding at the **Silent Auction!**
- ★ Items available for bidding include:
 - ◆ Hotel overnight stays
 - ◆ Gift certificates to restaurants and museums
 - ◆ Sports memorabilia
 - ◆ Original art and posters
 - ◆ Jewelry and clothing

And so much more . . .

- ★ Tickets will be sold for the **50/50 raffle!**
- ★ Information about support groups and outreach councils
- ★ A variety of information and resources about brain injury

CONFERENCE SESSION HANDOUTS

BIAMD is going GREEN! If they have been provided by the speakers, electronic files of session handouts will be available, for download from www.BIAMD.org beginning March 20, 2019.

Please download and print these materials if you wish to have them during conference sessions. Handouts will NOT be available at the conference.



http://bit.ly/2019_BIAMD

The Alicia Cignatta Spirit of Independence Award 2019

*In recognition of people who have contributed
to improving the quality of life
for individuals with brain injury.*

Awards will be presented at the BIAMD Annual Conference to be held March 28-29, 2019, at the Conference Center in the Radisson Hotel–North Baltimore in Timonium, Maryland.

**We strongly encourage you to submit your nomination
using the online form at**

<https://www.jotform.com/bpugh/2019-alicia-cignatta-spirit-award>

Please use one form for each person you nominate. This form may be duplicated. If the online application is not used, nominations should be faxed (410-448-3541) or scanned and emailed to the BIAMD home office (info@BIAMD.org) **no later than March 1, 2019**

Check the category for which you are nominating this person:

- Individual who has sustained a brain injury
- Family member/friend/significant other
- Professional – individual who works in the brain-injury community
- Supporter/Advocate (contribution made in an official capacity, such as a legislator, state official, reporter, disability or advocacy group)

Please tell us how this person has contributed to improving the quality of life for individuals with brain injury.
(You may type or handwrite this description and send with this form)

Name of nominator

Nominator's phone number

Name of nominee

Nominee's address

Nominee's phone number

Nominee's email address

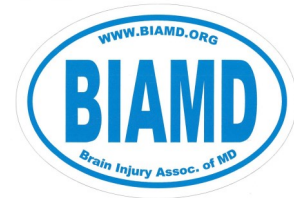
MEMBERSHIP

Each year, the Brain Injury Association of Maryland (BIAMD) helps thousands of individuals and families who have been affected by brain injury. Our programs of education, support, advocacy, and recreation are offered for persons with brain injury, their families, caregivers, healthcare professionals, and communities throughout Maryland. Your membership matters. Together, we can create better futures for survivors of brain injury and their families. Your membership will make a difference for all Marylanders living with brain injury and for you.

Join online at the same time you register for the Conference online and get the reduced member pricing for the conference PLUS your year-long membership benefits.

Benefits of your BIAMD membership include:

- ◆ Membership packet with car sticker
- ◆ Access to BIAMD's electronic newsletter, LINKS
- ◆ Free or discounted CEUs at BIAMD's educational events
- ◆ Knowledge that you are helping to create a better future for survivors of brain injury



BIAMD MEMBERSHIP

My annual membership is a: New membership Renewed membership

My membership level will be:

- | | |
|--|--|
| <input type="checkbox"/> Individual with a brain injury (No Charge) | <input type="checkbox"/> Family (\$75) |
| <input type="checkbox"/> Basic/Individual (\$35) | <input type="checkbox"/> Professional/Individual (\$100) |
| <input type="checkbox"/> I would like to receive information about becoming a BIAMD volunteer. | |
| <input type="checkbox"/> I would like information about brain injury. | |
| <input type="checkbox"/> I would like to make a donation in honor/memory of _____ | |

Total Enclosed: _____

Name _____

Company/agency _____

Address _____

City/state/zip _____

Phone _____ Alt. Phone _____ Fax _____

Email _____

Payment: Check payable to **BIAMD** or credit card.

Visa or MasterCard # _____

Exp. Date _____ V-Code (on back) _____

Cardholder billing address (if different from above):

Address _____

City/state/zip: _____

Conference Registration Form

Name: _____
 Address: _____
 City/state/zip: _____ work address home address
 Telephone: Home _____ Work _____
 Fax _____ E-mail _____
 Please check: Individual with brain injury Family member Professional Other _____

Registration Fees	One day	Both days	
Professionals (CEUs included)			
BIAMD member	\$195	\$290	\$
Non-member	\$310	\$410	\$
Survivor/Family			
BIAMD member	\$110	\$150	\$
Non-member	\$175	\$225	\$
Student Rates (include copy of valid 2018—2019 student ID)			
	\$150	\$200	\$
Donation to the "Frances Fund" for Educational Scholarships			\$
ATRA fee = \$10 (fee charged by ATRA to process CEUs for Rec Therapists)			\$
Total			\$



A limited number of scholarships are available for survivors and family members in need; you must be a member of BIAMD in good standing – please contact BIAMD by March 1, 2019 for more information.

Payment option: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit card	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard
Credit card number:	Expiration date:
Cardholder name:	Cardholder signature:
Billing address for card:	3-digit security code:

Fee includes breakfast, lunch, snacks, and conference materials. Parking is free.

Registration deadline is **March 1, 2019**. A \$30 late fee will be added to applications received after that date.

A \$30 fee will be assessed for any returned checks.

A 25% administration fee will be charged for every cancellation **before March 2, 2019**. No refunds will be given after that date.

Faxed registrations are considered bona fide commitments to attend this event. Payment is expected unless cancellation is received by **March 2**. *On-site registration cannot be guaranteed and will be accepted (with \$30 late fee) only as space permits.*

Please indicate workshop choice for each session:

Thursday

Session A 1 2 3 4 5 6 7
 Session B 1 2 3 4 5 6 7
 Session C 1 2 3 4 5 6

Friday

Session D 1 2 3 4 5 6 7
 Session E 1 2 3 4 5 6 7
 Session F 1 2 3 4 5 6

We have applied for the following types of CEUs. Please check if you are interested in receiving one of the following:

- | | | | | |
|-----------------------------------|--|----------------------------------|--|--------------------------------------|
| <input type="checkbox"/> CCM CEU | <input type="checkbox"/> PT CEU | <input type="checkbox"/> SLP CEU | <input type="checkbox"/> Certificate of Attendance | <input type="checkbox"/> ATRA CEU |
| <input type="checkbox"/> CRC CEU | <input type="checkbox"/> SW CEU | <input type="checkbox"/> OT CEU | <input type="checkbox"/> Psychology CEU | <input type="checkbox"/> Nursing CEU |
| <input type="checkbox"/> LCPC CEU | <input type="checkbox"/> Maryland Workers' Compensation Commission MCRSP | | | |

This activity has been submitted to the Maryland Nurses Association (MNA) for approval to award contact hours. MNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation



Brain Injury Association of Maryland 2200 Kernan Drive, Baltimore, MD 21207
 410-448-2924/800-221-6443 phone / 410-448-3541 fax / info@BIAMD.org



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BIAMD Annual Conference Registration Material

SAVE THE DATES

Maryland Legislative Session	January–April, 2019
National <i>Brain Injury Awareness Month</i>	March 2019
Maryland Brain Injury Awareness Day	March 6, 2019
Crash Reel Movie Event	March 23, 2019
BIAMD Education Conference	March 28-29, 2019

What are you going to do to make a difference during March — *Brain Injury Awareness Month*?

- ⇒ **Get involved . . . read the Maryland TBI Advisory Board's 2018 Report and call your legislator**
- ⇒ **Talk to the students at your child's school about concussions**
- ⇒ **Promote the slogan, "If there is a helmet for your sport or activity, get it and wear it!"**
- ⇒ **Volunteer with BIAMD on one of the many active committees**
- ⇒ **Share your story or other brain-injury information with those at your place of worship, in your book club, or on the rec sports team.**

***There is still so much to do . . .
get involved and make a difference!***

