

HEADS UP

HEADS UP Winter 2011



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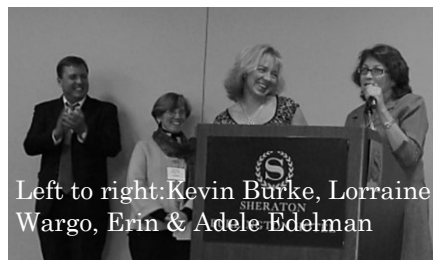
92 South Main St
PO Box 482
Waterbury, VT 05676
877-856-1772
www.biavt.org

22nd Annual Brain Injury Conference



Chris Burge (L) and Michael Denmeade
Survivor and Professional of the Year

The conference was a success according to the feedback from the 380 attendees. "What a moving and articulate group of survivors" was one comment about the Survivor Panel. Kara Swanson's keynote address was well-received. Registration was smooth, thanks to Samantha Baraw and the workshops were, "moving, informative, eye-opening and relevant". Thank you to all who attended, presented and had booths filled with information and knowledgeable staff to answer questions. It was a day of people making connections. The day is one where you can be surrounded by people who 'get it' because they have been there. Thank you to those who submitted works for the art show. If anyone is interested in helping to plan the 23rd Annual Conference, please call or email the BIAVT. Your ideas and suggestions are always welcome.



Left to right: Kevin Burke, Lorraine Wargo, Erin & Adele Edelman

Special Recognition Award: Erin Weaver

Erin Weaver has been with the Vermont Traumatic Brain Injury program since coming to the Dept of Aging & Independent Living in 2000. In 2005 she became the TBI Program Supervisor. As Supervisor, Erin has the overall responsibility for the administration of the entire program for the state, including admissions, budgetary oversight and policy development. Erin also serves on the Board of Directors and is Treasurer for the National Association of State Wide Head Injury Administrators. Prior to her time with the state, Erin worked as a case manager for individuals with traumatic brain injuries. Erin is a Certified Music Therapist as well as a Certified Brain Injury Specialist Trainer. Her passion and dedication and her unique ability to see the potential in everyone has made her the incredible, talented and gifted woman this award recognizes!

Thank youErin-.....for all you do to improve the lives of persons with brain injury and their families!



Registration Superstars:
Samantha Baraw,
Trudy Thomas, Jane Culver

Thanks for the creative
table centerpieces to the
staff and residents at:

Lenny Burke's Farm Inc.,
PRIDE Services and
Riverview Life Skills Center

Sponsors—Thank You!

Gold Sponsors

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2010 Conference Planning Committee

Michael Denmeade
Laura Flashman
Jane Hulstrunk
Glen McClintock
Christy Opuszynski
Kelly Parker
Trevor Squirrel
Erin Weaver
Barb Winters
Sue Zamecnik
Thanks!

Are you interested in
helping to plan the
2011 Conference?
Contact us.

Volunteers

Kristin	Bagley
Sam	Baraw
Nicole	Boutwell
Leigh	Clark
Michele	Corrow
Jane	Culver
Kim	Daniels
Mike	Denmeade
Emily	Hinley
Jane	Hulstrunk
Whitney	Kane
Larry	Lewack
Bob	Luce
Glenn	McClintock
Joe	Nusbaum
Christy	Opuszynski
Caroline	O'Reilly
John	Swartz
Eliza	Templet
Trudy	Thomas
Lorraine	Wargo
Erin	Weaver
Barb	Winters
Sue	Zamecnik



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Northern Forest Canoe Trail
Palace 9
Salon Salon
Savoy Theater
Simon Pearce
Soulmate Socks
The Men's Room
University Mall
Urban Salon Team
VT State Parks
WARM

Presenters

Sam Abel-Palmer, MS, JD
Pamela Bates
Debra Black, MD
Lakshmi Boyle, MS, CCC-SLP
Kevin Burke, BA
James Caffrey, Esq.
Michele Corrow, MS
Kim Daniels
Michael Denmeade, BS, CTRD, CBIS
Gina England, MA, CCC-SLP
Ellen Fein, LCSW
Laura Flashman, PhD, ABPP
William Frey, PhD
Wendy Halley, MS
Brigitte Harton, RD
Jane Hulstrunk
Kerry Jenni, MS, Lac
Linda King, MA, EdS
Marilyn Lash, MSW
Larry Lewack, MA
Thomas McAllister, MD
Miriam Monahan, MS, OTR/L, CDI
Joe Nusbaum, MA
Kim Patten, OTR/L
Donna Simonian, OD
Shirley Snelling
Kara Swanson
John Vanhazinga
Barb Winters, BS, COTA, CBIST

Acknowledgements

2010 Donations

Sept 1—Dec 31

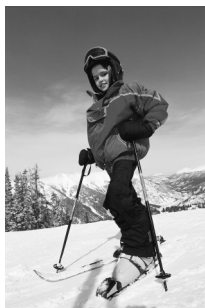
Helen	Beattie
Ben & Anne	Bosher
Victor	Bouchard
Karen	Boudreau
Lakshmi	Boyle
Emma	Burke
Lenny	Burke
Faith	Clark
Jane	Culver
Rufus	Cushman
Mark	Davis
Olivia	Goron
Joseph & Margaret	Grant
Thomas & Marcia	Guyette
Karen	Leary
Jan	Lilmer
John	Lynch
John	McDonald
W. Hugh & Diane	Morton
Edward	Paquin
Linda	Prescott
Kate	Ross
Adelard A. and Valeda Lea Roy FDN	
Andrea	Savage
Karen	Siewert
Anne	Whitman

Thanks to all of you!

If we missed you on this list, we apologize and please know that your contributions are appreciated.

Please: Be Safe On The Slopes

According to a 2004 Consumer Product Safety Commission study, more than 17,000 head injuries a year would be eliminated if every skier wore a helmet.



?? QUESTION CORNER

My husband was the main cook for our household. Since his brain injury he doesn't want to cook anymore. Why is that?

There may be several reasons for this.

- ◆ Sometimes after a brain injury an individual may develop sensitivity to sounds, lights, textures or smells. It may be at such a low level that they aren't aware that this hyper-sensitivity is causing them to feel anxious in the kitchen. Look at the kitchen environment to see if anything could be causing him to feel anxious. Ask him to really pay attention to his environment so that it can be changed (the TV/radio turned off, the lights changed, etc.).
- ◆ The part of his brain that knows how to start a cooking task may be impaired. His favorite recipes can be written down step by step and placed in a plastic page protector. As he finishes a step he checks that step as being done. If he prided himself on his cooking skills he may have difficulty not being the cook he was.
- ◆ Tasks that were simple pre-injury may be very difficult now, for example cutting up onions may be difficult from a fine motor aspect or it may be the texture of the sliced onions that cause him difficulty. There are many simple devices on the market that can help with the food preparation, such as a food chopper.
- ◆ He may need more time to prepare the food and this is an adjustment for him and for those waiting for the meal. As he is getting back into cooking do one dish for the next day's meal not for that day.
- ◆ Impaired visual perception skills make cooking very difficult. He may not be able to tell the difference between objects because his brain can't interpret what it is seeing. Depth perception may play a part in dropping items because he can't tell where the edge of the counter is. Colored tape on commonly used edges can help this issue.
- ◆ These are a few things that can account for not wanting to cook. Meal preparation is a wonderful cognitive activity that involves planning, problem solving, fine motor control, math skills, visual perception, time management, attention and safety awareness. The thing to keep in mind is that the injured brain heals and he will get better. He may just not be ready to or want to cook at this point.

Do you have a question? Call or email any questions to braininfo1@biavt.org and we will try to find an answer for you.

Did you know...

- ◆ 20% of returning service members from overseas service suffer from a traumatic brain injury (TB)
- ◆ 19% will meet the criteria for post-traumatic stress disorder (PTSD)
 - RAND, Invisible Wounds, 2008

If you are a Veteran or an employer who would like more information on benefits and supports available, please call our HelpLine or email us at jobdeveloper@biavt.org

2010 Governor's Awards

Each year, individuals are nominated by their peers, for contributions made to assist survivors to regain their lives after an injury. The 2010 recipients are:

2010 Employer of the Year: Lenny Burke's Farm (LBF) and its Founder Emma Burke

Emma Burke's belief in "possibilities after TBI" is a driving force in their prioritizing the employment of survivors in support of their mission. It has been the practice of LBF to have survivors of TBI as part of the staff. Currently LBF has four survivors on their staff. In the words of a Director "they are an important part of our program as they can say to our residents, "I understand what you are going through because I have been there. They do excellent work, are very professional and have the respect of both their peers and the staff." Another member of the staff says "they are very valuable participants in our weekly Peer group as their sharing is very valuable for their peers process of recovery".

The Employer of the Year award goes to an organization who truly knows the meaning of flexibility, compassion, respect, and integrity. The former clients on staff mentioned before are Brian Cavanaugh, James Fleshman, Sara Carleton, and John Shepard.

2010 Survivor of the Year award to: Chris Burge

Chris's commitment is to improving not only his own life but the lives of all of those around him. The fact that the professional community's prognosis was dire and that he rose to the challenge – to move, to think, to speak, to drive a car and pursue photography and be an advocate for others – can't be stressed enough! A friend had this to say "he is always close by to lend a hand, give encouragement and promote a healthy way of living to those with brain injury. His examples of focus and accomplishments are for all to learn by". When people called to say they wanted to donate to the BIA's Walk for Thought fundraising event, in his name, they invariably made comments such as; "he is so inspiring because he is such a participant in the community". He rode his bike around Springfield with a sign, promoting the BIA's Walk for Thought, raising money. He currently teaches yoga at a community Center. In the words of someone close to him "the "man" knows how to embrace life and NEVER give in".

2010 Professional of the Year: Michael Denmeade

is that rare professional who exhibits knowledge and compassion in equal measure. He inspires respect amongst his staff as the Director of Therapeutic Recreation Department at Mt Ascutney Hospital and Health Center. Here are a few comments from his peers. "He has a wonderful way of interacting with survivors of TBI, always building an honest and warm rapport". "He is so actively involved with the whole person. His interest, involvement and support are selfless and gives those with TBI and their caregivers ways to cope, areas to watch for, and methods and strategies to use". "He goes out of his way to be sure all clients, in his care and not in his care, are given the full range of options on services". He is not only committed to his clients and their caregivers he is also committed to supporting all of Vermont's brain injury community. For example, he has been a member of the Brain Injury Conference planning committee for several years and is giving a presentation at this years conference.

This year we had an overwhelming number of Caregiver of the Year nominations so the committee decided to award 2 Caregiver of the Year awards in 2010

2010 Caregiver of the Year: Ronda Root

has a long and wonderful history serving survivors of TBI. She is a transitional living center floor manager/caregiver at River-view Life Skills Center. She has proven herself capable of handling all tasks within a traditional living center rehab environment. She is a true professional, a team leader, and a confident, caring, forward thinking caregiver. She has the ability to understand the frustration that clients and life skills aides face during the recovery (rehab) process. During these difficult times she is able to provide a stimulating perspective that allows both the client and life skills aide to remain calm, grounded and motivated allowing all involved to remain focused on the rehab goals. Not only does she and her team provide the optimal rehab environment to live in, she also makes sure that all clients get out into the community on a daily basis to engage in activities of their choice, such as attending church services, fishing, going to the movies, job training, adaptive skiing and gardening. One of her peers comments about, "her consistent excellence in patient care, her high level of professionalism and diplomacy" A mother of a survivor had this to say, "she has been a constant positive force in my son's rehab. She is a positive voice of encouragement but is also able to set appropriate limits as needed"

2010 Caregiver of the Year: Sandra McMahon Griffin

has been working with Courtney for the last 7 years. She doesn't consider herself a "caregiver" nor does she consider Courtney a "patient". Rather she tells Courtney that they are like sisters / best friends. In the words of someone close to Courtney, "she is always on time, cooks the best meals, keeps Courtney looking beautiful, and keeps the house clean and tidy. She goes above what a caregiver does week after week, and does it without complaining!" In the words of Courtney, "because she is a wonderful, wonderful person, she is always smiling and helping me!

2010 Brain Injury Association of America Chief Volunteer Officer Award—Marsha Bancroft



Congratulations to Marsha—here pictured at the 2010 Walk For Thought as part of the Vermont Central Thinkers team. The criteria for this national honor are that the individual must exhibit the ability to influence others by modeling positive behavior, gaining cooperation, and fostering creative and innovative thinking. She must demonstrate qualities of vision (ability to see possibilities for making things happen and communicating this vision to others); teamwork (ability to work with and support others), and servant leadership (willingness to reach out beyond their home community.)

As anyone who has had the pleasure of interacting with Marsha in her many roles can tell you she exemplifies the criteria for this award. Marsha has been on the BIAVT Board since 2004 and since then has been a quiet leader in the organization. She has served as Treasurer and Co-President in the turbulent times of the organization and put in tremendous time to get the organization to the even keel that it is at currently. She has been President of the Board for the last 2 years. She has served on VT’s TBI Advisory Panel since its inception in 2004 and is currently the Chairperson. Marsha is the Intake Specialist/Paralegal for the P&A organization in VT – Disability Rights VT and has been the key liaison between the BIAVT and DRV. She has included BIAVT in the legal clinics for individuals with brain injury that she organizes for DRV. She has been a volunteer Brain Injury Support Group facilitator for at least 5 years. Marsha was recognized for her efforts in 2007 with a Governor’s Award for the 2007 Professional of the Year. All new staff at the BIAVT are required to go spend time with Marsha to better understand brain injury in Vermont. Marsha always makes time in her busy schedule to share her extensive knowledge and wisdom.

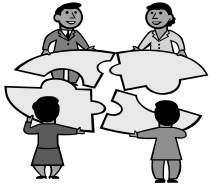
Congrats and keep up the good work Marsha!

Traumatic Brain Injury Advisory Board ALL MEETINGS OPEN TO THE PUBLIC

The TBI Advisory Board provides you with an opportunity to learn about what is happening with Brain Injury services in Vermont and a chance for you to provide your valuable input to help build services. If transportation is an issue call the Helpline at least 1 week before the meeting and we will try to help.

Meeting Date	Meeting Location	Presentation – Speaker
Tues, March 15 9:00 AM until Noon	Stanley Hall Room 100 103 South Main St Waterbury	<i>Supporting Occupational Performance within Different Environments.</i> -Kim Patton, OTL
Tuesday, June 21 9:00 AM until Noon	Stanley Hall Room 100 103 South Main St Waterbury	<i>Special Needs Planning: “What if...?!”</i> -James Caffry, Esq.
Tuesday, September 27—Retreat 10:00 AM until 3:00 PM	To be announced	
Tuesday, January 24, 2012 9:00 AM until Noon	Stanley Hall Room 100 103 South Main St Waterbury	To be announced—watch for future newsletters

For further info contact: Glen McClintock, TBI Grant Manager
Telephone: 802-241-3719 Email: glen.mcclintock@ahs.state.vt.us



Neuro-Resource Facilitation (NRF)

The goal of the NRF Service is to help individuals with brain injuries and their support network navigate life after brain injury by working with them to develop a plan and find the resources to meet their goals with an emphasis on employment goals. 111 individuals have received NRF Services since its inception in 2009.

We are excited to have Richard E. Bruce joining the staff as the NRF Veterans Outreach Specialist in late January. We are in the process of searching for a Southeastern VT staff person

Joe Nusbaum, Job Developer, is working hard to connect with the service members returning from deployment to help them with employment issues. If you know a service member who is struggling with returning to work or school due to suspected or diagnosed brain injury, please have them contact us.

As one individual said *“The NRF program is amazing. My facilitator, Larry Lewack listens, really listens to the struggles I face every day. If that is all he did, my life would be better. But what has really made the difference in my life is that he turns understanding into guidance, guidance into motivation and motivation into action. He has both hands on the Vermont social service network and his heart and soul inside everyone he helps. Helping us to help ourselves...that is the beauty and the building blocks of the NRF. Thanks.”* - **Audrey W., NRF Client**

If you or someone you know could benefit from this program, the applications can be downloaded from the BIAVT website at www.biavt.org or you can call the toll-free Help Line at 877-856-1772.

Who/What is the Disability Law Project ?

by Sam Able-Palmer

The Disability Law Project provides free legal services to individuals with disabilities, including survivors of brain injury. We offer legal advice and representation to clients who have legal issues related to their disabilities. Examples of the representation we offer include:

Guardianship: Individuals who do not want to have a guardian, or who have disputes with their guardians.
Medicaid and Medicare: Individuals who have been denied clinical eligibility, or who have been denied coverage for a requested medical service, prescription, home health care, nursing home care, assistive technology, or TBI waiver services.

Discrimination: Individuals who have experienced disability-based discrimination in employment (termination, demotion, refusal to hire, harassment, medical leave), housing (eviction, refusal to rent) government services (including prisons) or public services.

Special Education: Families who have disputes with school districts over special education eligibility, services, or school discipline.

Social Security: Denial of Social Security benefits (usually only for children), and assistance with overpayment and loss of benefits.

Abuse, Neglect and Crime Victims: Assistance in obtaining restraining orders or other relief in cases of disability-related abuse, financial exploitation or neglect by family members, care givers and others.

Employment Supports: Disputes with Vocational Rehabilitation and other providers of employment assistance.

Other Legal Issues: Assistance in negotiating the legal system when brain injury makes this process more difficult.

Due to limited resources, the Disability Law Project cannot offer representation in every case. In most cases we can offer at least a telephone consultation and assessment of whether your case is worth pursuing. We can also help to identify other resources that may be able to assist you. In many cases we can offer full representation in court, administrative hearings and legal negotiations.

Dear Friends of the BIAVT,

The BIAVT experienced a challenging 2010 as we grew the Neuro Resource Facilitation Program (NRF) while sustaining our important Information & Referral services, Education and Outreach programming and Support Group activities. This past December 1500 Vermont National Guardsmen returned from Afghanistan. As stated elsewhere in this newsletter, 20% (300) of these returning veterans will be challenged by the effects of TBI. The BIAVT has been very active in working with the VA, VT National Guard and other military service organizations and is currently working with a number of veterans through the NRF Program. We expect the need for NRF Program services for veterans to grow quite a bit in 2011.

In 2011 we will continue to diversify and grow the sources of revenue to support the BIAVT's programs and services, however, the need continues to grow and many gaps in services remain. In these very difficult economic times the financial support of our friends, you, is critical. Please consider giving and I thank you in advance for your support!

Regards,

Trevor Squirrell
Executive Director

National Brain Injury Awareness Month is March: If you would like to help to raise awareness , please contact us.



In Memory of Reverend Marceau

The Rev. Richard A. Marceau, 76, of Rutland, died Dec. 7, 2010, in Clarendon, following an automobile accident. He was born Feb. 6, 1934, in Berlin, the son of Joseph and Dorothy (Lennox) Marceau. He graduated from Northfield High School, Becker College and Boston Seminary.

He married Ellen Griggs in 1953 and they have two daughters, Eyvonne Marceau of Rutland and Sue-Ellen Thornton of Proctor and three sons, Kenneth of Simi Valley, Calif., Gary and Tim Marceau both of Proctor and ten grandchildren.

The Rev. Marceau enlisted in the U.S. Army and served during the Korean War. Following his honorable discharge, he was employed by Rock of Ages as a stone shed draftsman prior to attending college. He served as pastor of several Methodist churches, including Groton, Waits River, West Topsham, Pittsford, Brandon and Brandon Training School, prior to becoming the longtime pastor of The Church of the Wildwood in Chittenden. He retired in 1998 and established the Church of the Redeemer in Rutland Town where he continued to preach.

All of the above is very important but where the brain injury community knows the Rev from is his 20 years as the Co-Director of the Lenny Burke's Farm in Wallingford. He was one of the key people in starting brain injury support services in Vermont. The words that you hear about the Rev are: "positive, optimistic, kind and understanding". Part of that was his wonderful smile and "his great hugs". Did you know that he was a certified clinical Hypnotherapist? He was the TBI Professional of the Year in 1997 and gave an inspiring keynote speech at the conference in 2007. He has co-facilitated the brain injury support group in Rutland and Wallingford for 27 years.

As his family and friends adjust to a different weaving of their lives and mourn his passing, we all should celebrate a life well-lived and be joyful for the many gifts of the Rev.

VOICES . . . A Survivor's Story

Cognitive deficits and commercial air travel by Robert De Geus



Three TBI spread over 10 years haven't kept me from traveling by air in that span or since. For those trips there was always a companion, including a 9 year old daughter for one. A short notice trip recently (2010) left no choice but to travel alone. Possessing the usual suite of TBI induced executive and memory deficits, gait, speech and balance problems, and etcetera, this was probably going to present some challenge. The response to challenge is to prepare.

The Preparations

Step one in preparing to fly alone was to admit that my brain doesn't work like it used to. This may seem obvious but having a good sense of limits will go a long way toward avoiding mistakes. My journey involved 4 flights.

With a 4 flights air trip there is a lot of information: times, flight numbers, destinations, connections; in short, a lot of wheres and whens. Getting that information under control is a major job. I use a hand held device (iPod touch) to keep track of nearly everything. Then I write the most important details on my forearms. I carry the printed itinerary. The handheld also has the means to set multiple alarms so I choose key times for the trip and set alarms for them.

The airline offers assistance to people with a variety of needs. I checked in with BIAVT staff to learn what there might be to help a traveler. A BIAVT cognitive deficits information card was printed for me to carry. Research determined that the airline I was using does not provide gate-to-gate assistance for changing planes for passengers with cognitive deficits. Travelers Aid service within the airport has a phone number for requesting assistance. And it was suggested that I talk with fellow survivors who travel to consult with for advice, instructions and support.

The trip involves a series of steps and actions at each step. I developed a script for these steps and actions and planted it in the handheld. For instance, the first step is to leave for the airport by a certain time. The second step is, once at the airport, to locate the check in area. The third step is to check in. Most trips present certain situations that aren't part of the script. This is where having strategies is useful. For instance, the plane is listed as delayed and that's not in the script. A strategy is listed for what to do if the information about the trip changes. The strategy is to ask someone about the situation with a hierarchy that starts with someone in a uniform and continues to someone near the gate and ends with any random person. A standard strategy is to check with an airline person at each stage to make sure that I'm on the right track: right place and right time.

Packing is another job. The main concern was to make sure ID, ticket information, handheld, and cell phone were all in hand. Multiple checks are the best way for me.

So all is in order, hopefully, and the day of travel arrives. Careful planning and preparation, with a lot of help, should mean that the ordeal of traveling alone will work well enough.

The Trip



Critical lesson number one: the speed of life out there is about 6 times the speed of rehearsal.

Critical lesson number two: the speed of life out there is at least twice the speed that my lousy brain can process. Once the automatic doors to the airport open it's a whole different world.

The only piece of preparation that made any difference was the ink on the arms. Travelers Aid did not show up. The time between flights was too short. Airline staff were not helpful. Both going out and coming back there were a series of breakdowns that left me having to be lucky because there was no way to comprehend what was going on.

A very important thing for this type of challenge is being mindful of how you are responding to the pressures. Every person who has experienced a brain injury has had to draw on reserves of patience and adaptability to gain improvement. It's probably common for all of us that increased levels of anxiety, frustration, or impatience will just generate more interference in the brain. Although I felt strongly compelled to reach my destination on the schedule in my original itinerary, it worked well to regularly remind myself that even if I failed so badly that the trip wound up completely aborted, I could handle that, as could the people expecting me.

I have no idea what might be a more useful preparation. I think the best approach is to not travel by air by myself, take a train instead, or choose a flight itinerary with more slack built in. Despite the absolutely awful experience this recent solo trip turned out to be, I'm not ready to head for the bunker and avoid the difficulty. I know I am able to at least give it a try.



Note: Bob does not think of himself or like to be referred to as a 'survivor'. The heading just the title of this section.

Do you have a story to share? Contact the HelpLine or braininfo1@biavt.org



BIAVT SUPPORT GROUPS



Questions about BIAVT Support Groups? Call the BIAVT HelpLine @ 877-856-1772

Brattleboro Daytime - (Southern Vermont)

When: Third Monday of the month

Where: Marlboro Graduate Center (28 Vernon Street), Brattleboro

Time: 1:00-2:30 p.m. Facilitator: Candace Stouman

Burlington Area- Evening

When: First Wednesday of the month

Where: Fanny Allen Campus (Hospital Board Room - Across from the cafeteria on the ground floor)

790 College Parkway (Route 15), Colchester

Time: 5:30 PM-7:30PM. Facilitators: Barb Winters and Diane Wheaton *NOTE: TIME CHANGE*

Burlington Area- Daytime

When: Second and fourth Friday of the month

Time: 4:00—5:00 PM

Where: ECHO Center, 1 College St, Burlington Facilitator: Chris Straub

Middlebury - Evening

When: Second Tuesday of the month

Where: Middlebury Inn, 14 Court Square, Stewart Library Meeting Room, Middlebury

Time: 6:00PM-8:00PM. Facilitators: Chris Straub, Kim Patten & Ken Schoen

Montpelier - Daytime - (Central Vermont)

When: First and third Thursday of the month.

Where: Unitarian Church, 130 Main Street, Montpelier~ Ramp Entrance

Time: 1:30PM-2:30PM. Facilitators: Kathy Grange and Jane Hulstrunk.

Montpelier - Evening - (Central Vermont)

When: First Monday of the month.

Where: Disability Rights VT office; 141 Main Street, Suite 7, Montpelier

Time: 5:30PM-7:30PM. Facilitator: Marsha Bancroft and Bob DeGeus.

Newport - Evening - (North West Vermont)

When: Fourth Wednesday of the month.

Where: North Country Hospital (follow the signs posted in the main lobby)

Time: 6:00PM-8:00pm.

Facilitator: Lisa Erwin-Davidson, SLP.

St. Albans - Evening (North East Vermont)

When: 2nd Tuesday of the month.

Time : 4:00 PM - 5:30 PM

Where: KJ's Diner 151 Main St, St. Albans

Facilitator: Linda M. King, Ed.S *NOTE: TIME & LOCATION CHANGE*

Other support groups open to the public are held:

Wallingford (Rutland area)

When: First Saturday of the month, 2-4 PM

Where: Emmie's Place, 212 Main St Facilitator: Emmie Burke 802-446-2302

Note: there are support groups in NH and Mass. listed on www.biavt.org

Please call the Helpline for more info.

Brain Injury Survivor Tips

- ◆ Reach out to get the help you need
- ◆ Start with small goals
- ◆ Schedule mentally and/or physically challenging tasks during peak periods of energy
- ◆ Stick to a regular sleep schedule
- ◆ Give yourself plenty of time to do things.
- ◆ Plan small breaks between tasks.
- ◆ Develop a list of tasks you need to accomplish & rank in order of importance.
- ◆ Keep a planner & schedule your tasks.

“Structure is what enables me to do what I want to do when I want to do it.” - Tim Feeney

YOUR AD COULD BE
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www.Ride-AwayVermont.com

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Want to know more about brain injury?

We can come to your workplace or organization to make a presentation about brain injury.

Contact Barb Winters
braininfo1@biavt.org

The Help Line

toll-free number

1-877-856-1772.

The line is staffed on weekdays from 9am-4pm unless we have a meeting. There is a message service and all calls are returned no later than the next

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Heads Up is a publication of the Brain Injury Association of Vermont which does not necessarily endorse treatments, individuals, or programs which appear herein.

Corrections:

The picture below from the Walk for Thought was incorrectly identified. It is the VNA of Chittenden-Grand Isle Team



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