The BIA-MA has developed, in collaboration with experts in the field of brain injury, an Acquired Brain Injury (ABI) Clinical Continuing Education Program. Included under this program, is an ABI Clinical Continuing Education Basic Certificate as well as five advanced topics: Overview of Diagnostic Procedures, Aphasias and Cognitive-Communicative Disorders, Review of Neuropharmacology, Substance Abuse and ABI, and Problematic Sexual Behavior.

Each year thousands of individuals sustain Acquired Brain Injuries (ABI) in the United States and throughout Massachusetts. Leading causes of ABI include Traumatic Brain Injury (TBI), brain tumor, stroke, brain infections, anoxia and other metabolic disorders. These injuries may result in a wide range of disabling conditions, including physical, cognitive, and behavioral disorders, which necessitate comprehensive assessment, rehabilitation, and for many, long-term services and supports.

In 2007, the Brain Injury Association of Massachusetts (BIA-MA) and the Center for Public Representation filed a landmark, federal class action lawsuit on behalf of persons living with ABI (Hutchinson v. Patrick). The settlement agreement reached with the Commonwealth of Massachusetts provides for the transition of persons with ABI from institutionalized settings, as well as the expansion and development of a continuum of community-based services, via implementation of several Medicaid waivers. Service providers, and staff working in community mental health settings, day health, residential, and other programs serving this population have identified the need for specialized training with respect to ABI. In response to these educational needs, it is BIA-MA's goal and hope that the ABI Clinical Continuing Education Program will serve to inform programs and services which will, in turn, serve to enhance quality of life for persons who have survived an acquired brain injury.

For more information on the ABI Clinical Continuing Education Program, please visit www.biama.org/ABItraining.html.

For more information about BIA-MA, call 1-800-242-0030 or visit www.biama.org.
It has been a privilege and an honor to be a member of the Board of Directors of the Brain Injury Association of Massachusetts (BIA-MA) since 2014. At BIA-MA our mission is to provide prevention, education, advocacy and support for individuals with brain injury. Although all of these components of our mission are vital, I am particularly focused on support and advocacy. I find a great deal of gratification in helping survivor families by providing any guidance I can through my personal experience and what I have learned from my esteemed colleagues of BIA-MA.

My involvement with BIA-MA began on January 9, 2012. I was preparing to take the stage at my company’s national sales conference. As I was putting on my suit in my hotel room, I got a call from my sister. She was concerned because she hadn’t spoken to my mother since the morning where they would routinely speak throughout the day. I asked her to call me back once she found out more information. At the time, I wasn’t very concerned because I thought that my mom was just caught up in her day.

As I made my way down the hotel elevator on my way to deliver my speech, my sister called back to tell me that my mother was found by my father at the bottom of the basement stairs and had suffered a terrible fall. She was med-lifted to Mass General and had emergency brain surgery. Her prognosis was grim. She survived the operation, but was in critical condition. My family was terrified. We had never experienced a situation like this and would always look to my mom for guidance, but instead, she lay in ICU with an absolutely uncertain future.

My family needed help. Within a couple of days of my mom’s accident, I met Marilyn Price Spivack, founder of BIA-MA. Marilyn provided support, guidance, advocacy and friendship and we inducted her as a surrogate member of my family. My mother went through rehabilitation and showed significant improvement. Concurrently, Marilyn attended our family meetings with the Spaulding Rehabilitation doctors and staff, she helped identify possible long term facilities where my mother might be happiest and stayed by our sides to help us through this trying time.

Then, mom took a turn for the worse and, after the most heroic fight, succumbed to her injuries. It is still so hard to not have mom in our lives, but the BIA-MA has been such a tremendous support system for the past two-plus years. I can’t imagine how much worse this awful situation could have been if BIA-MA and Marilyn had not been there to guide us. A few months after my mom passed away, I received a call from Marilyn asking me if I was interested in joining the BIA-MA Board of Directors. I was flattered and honored for this opportunity to serve on the BIA-MA Board of Directors.

Evan Gray is a Sales Director at OneAmerica and a member of BIA-MA’s Board of Directors.
BJ Williams receives the MIAA Partner of the Year Award!

BJ Williams, BIA-MA Manager of Prevention and Court Related Programs, was the recipient of Massachusetts Interscholastic Athletic Association’s (MIAA) Wellness Partner of the Year Award. This award is presented annually to a valued partner in recognition and appreciation of their continued service, support and partnership with the MIAA Wellness program. BJ was cited as having been an active and valued member of the MIAA Partners in Prevention Group since 2007. Pictured with BJ Williams are Karen Nardone (right), MIAA Wellness Coordinator, and Carolyn Bohmiller (left), MIAA/MSSAA Executive Assistant.

Additional Waiver Capacity for ABI and MFP Waivers

BIA-MA wants to let you know that three waivers described below will all have additional space available this Spring.

- The ABI Waiver with Residential Habilitation (ABI-RH) is for Medicaid-eligible persons with Acquired Brain Injuries (ABI) who are patients in a nursing home or chronic or rehabilitation hospital and need supervision and staffing 24 hours a day, seven days a week and who want to move to a provider-operated or managed residence in the community.
- The MFP Residential Supports Waiver (MFP-RS) is for Medicaid-eligible persons with a disability or elders who are patients in a nursing home or chronic or rehabilitation hospital and need supervision and staffing 24 hours a day, seven days a week and who want to move to a provider-operated or managed residence in the community.
- The MFP Community Living Waiver (MFP-CL) is for Medicaid-eligible persons with a disability or elders who are patients in a nursing home or chronic or rehabilitation hospital and who want to move to their own home or apartment or to the home of someone else.

You may submit an application for these waivers at any time. Even if you have been denied eligibility in the past you may still submit a new application and have your current eligibility reviewed.

Applications and additional information can be found at the websites listed below:


For additional information please contact the Waiver Unit at UMass (866-499-5109 or 866-281-5602) or mailto:ABIInfo@umassmed.edu.

Winter Heating Resources

Are you having trouble paying for winter heating costs? Here are some resources:

- **HEATLINE at (800) 632-8175** – Call the Cold Relief Heatline to find out where to apply for Fuel Assistance (LIHEAP), Weatherization (WAP), and the Heating System Repair and Replacement Program (HEARTWAP).
- **Salvation Army’s Good Neighbor Energy Fund** offers one-time grants for eligible consumers. For more information about eligibility criteria and where to apply, please call (800) 334-3047 or (800) 262-1320 in area code 413.
- All electric and most gas companies have low-income discount programs. You automatically qualify for discounts if your child is in Head Start or the school lunch program or if you receive food stamp benefits, Masshealth, SSI, fuel assistance, or veterans’ services,. These discounts can save you 20 - 35% on each bill. To apply for discounts, call your gas and electric companies to request an application. Look on your utility bill for the customer service number.
- In some communities, local Council’s on Aging have special fuel assistance programs to help seniors. To find your local Council on Aging, call 1-800-AGE-INFO
34th Annual Brain Injury Conference Registration is Open!

On Thursday, March 26, 2015 BIA-MA will host its 34th Annual Brain Injury Conference at the Best Western Royal Plaza Hotel in Marlborough, MA. Over 650 brain injury survivors, caregivers and professionals will all gather at this conference to share brain injury experiences and to learn about recent developments in the brain injury field.

Carolyn Roy-Bornstein, MD, co-author of *Chicken Soup for the Soul, Recovering from Traumatic Brain Injuries: 101 Stories of Hope, Healing, and Hard Work.*” will deliver the keynote: “Telling Our Stories, Healing our Hearts.” Dr. Roy-Bornstein’s teenaged son Neil was hit by a drunk driver while walking home after a study date. Neil carries his injuries with him to this day in the form of a traumatic brain injury. Dr. Roy-Bornstein believes writing about our trauma can help us process and make sense of our experiences.

The conference features 28 workshops, taught by an outstanding group of brain injury professionals. In addition, 40+ exhibitors will present brain injury related products and services. Whether you are a professional, caregiver, or survivor, there are many workshops you will find informative and inspirational. For a complete listing and full description, please go to www.biama.org/conferences.html. Continuing education credits are offered in the registration price for professionals in many fields. If CEUs do not apply, you may request a Certificate of Attendance on the conference registration form.

To register: [http://www.biama.org/conferences.html](http://www.biama.org/conferences.html), call BIA-MA at (800) 242-0030 or lmacfeeley@biama.org

---

**Save the Date! Concussion Awareness Forum**

The Department of Public Health will be holding a Concussion Awareness Forum at the Worcester Public Library on March 18, 2015 at 7pm. Linda Brown of Department of Public Health and BJ Williams of BIA-MA will be heading up the panel discussion.

**A Proud Member of**

Community Health Charities®

New England

WORKING FOR A HEALTHY AMERICA

To Donate to BIA-MA, use #35330 on your Pledge Card

---

**Need help staying in your home?**

The Home Modification Loan Program provides loans to make access and/or safety modifications to the homes of elders and individuals with disabilities:

- Providing loans up to $30,000
- Is not based on credit history
- The interest rates are 0% or 3% depending on your household income
- In most cases, homeowners qualify for the 0% loan

More information: [www.mass.gov/mrc/hmlp](http://www.mass.gov/mrc/hmlp) 617-204-3739

---

**Upcoming BIA-MA Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABI Series: NeuroDiagnostics</td>
<td>Feb 26</td>
</tr>
<tr>
<td>ABI Series: Aphasias</td>
<td>Mar 19</td>
</tr>
<tr>
<td>ABI Series: Neuropharmacology</td>
<td>Apr 23</td>
</tr>
<tr>
<td>ABI Series: Substance Abuse</td>
<td>May 22</td>
</tr>
<tr>
<td>ABI Series: Problematic Sexual Behavior</td>
<td>Jun 11</td>
</tr>
<tr>
<td>34th Annual Brain Injury Conference</td>
<td>Mar 26</td>
</tr>
</tbody>
</table>
Survivor and Family Holiday Party 2014

The room felt magical when guests entered the ballroom for the central region 2014 Holiday Party! Each table was decorated with a crystal-clear snowman kit, surrounded by a blanket of “snow” and tiny sparkling lights. Over 60 survivors, caregivers, and BIA-MA employees enjoyed delicious refreshments, warm fellowship and lots of laughter as they were entertained by comedian Jerry Caruso. Every guest went home with a small gift. Some lucky guests went home with the snowman kit centerpiece from their table. The only thing missing was the real SNOW!

- Barbara Webster

Upcoming Central Region Events

Brain Games: The social recreation group for brain injury survivors, takes place THIRD WEDNESDAY of every month from 1:00 p.m. - 3:00 p.m. at the BIA-MA office in Westborough, Mass. This group is free for survivors but registration is required. To pre-register please call 508-475-0032.

“Creative Minds” Craft Group: Takes place the SECOND THURSDAY during the months of February, March and April from 1:00 p.m. - 3:00 p.m. at the BIA-MA office in Westborough, Mass. This program is for survivors that enjoy crafting with a wide range of art materials. Space is limited to 15 participants. There is no charge for this program, however, donations will be accepted on the day of craft program to offset the cost of materials. To pre-register please call 508-475-0032.
Western Region Open House

The Western Region New Year-New Beginnings Open House, held on January 8, 2015, proved to be a huge success! Over 50 survivors, caregivers, professionals, and staff present attended in our redesigned office space. Laughter and conversation abounded, along with the aroma of delectable pizza and breads provided by Richard of Berkshire Mountain Bakery.

Cynthia was personally pleased to have community agencies such as BFAIR, AdLib, South Bay Mental Health, and The Pittsfield Commission on Disabilities present, as well as SHIP representatives, Nicky Osborne, Director of Brain Injury & Specialized Community Services; David Kopczynski, Supervisor of Central & Western Statewide Injury Regional Coordinators, and Kristen Boudrow, Program Coordinator. The support and presence of the BIA-MA Executive Director, Nicole Godaire, and Central Region, Sandra Madden, Tress Ricker, and BJ Williams were most appreciated. A BIG thank you to all those who attended!

Cynthia looks forward to continuing the wonderful work that had been done at the Western Regional Office of BIA-MA and increasing community collaborations over the course of the year. This Open House was a lovely kick-off for the team, who is eager to expand the Western Regional office network of survivors, caregivers, and professionals.

-Cynthia Costello, Western Region

A Warm Welcome to Cynthia Costello!

Please join us in welcoming Cynthia Costello, BIA-MA Western Regional Manager. Cynthia comes to BIA-MA with an extensive management background, particularly with elders. Cynthia’s goals are to increase awareness of BIA-MA and increase community collaboration in the Western Region. Cynthia plans to accomplish these goals by emphasizing the retention of the history and roots of the office, while bringing in new energy to move forward. She believes strongly in her teams’ ability to achieve these goals. Welcome!!!

Upcoming Western Region Events

NBBISG Movie Night: Feb 24
Bowling at Cove Lanes: Mar 5
Tea & Talk’s Formal Tea: Apr 2
AMass Moca: Apr 9
Norman Rockwell Museum: May 15
Games Night: Jun 5
Spring Fling: Jun 23
8th Annual Thanksgiving Feast

Record-breaking numbers of survivors and caregivers attended the Southeastern Region’s 8th annual Thanksgiving Feast. Joyce of Cakes, Cakes, Cakes Catering treated our group to a full-course, turkey dinner including all of the traditional sides and apple crisp for dessert. Every seat in the Buzzards Bay Community Center’s dining room was filled with people who were thankful to have met each other.

The group enjoyed a sampling of upcoming classes on self-improvement for brain injury survivors through games, offered by SouthCoast Ear, Nose, & Throat. Attendees eagerly offered responses to a variety of questions, including naming items on the Thanksgiving table that begin with “C” (easy one: cookies, cranberries, crumbs…) and “Q”. Can you name something on the table that begins with “Q”? Take a minute to think before you look at the answers at the end of this article.*

Please call our office (508) 743-0333 for information on upcoming self-improvement classes which are held on Monday mornings in our East Wareham office. A discounted course fee is given to members of the Brain Injury Association of Massachusetts.

*How many “Q” foods did you list? Quesadilla, quince jelly, quiche, quark (a soft cheese), quahog (a type of clam), queso (cheese dip), quail (small bird), quinoa (a grain), and quenelle (a dumpling made with fish or chicken). -Sandy Topalian, Southeastern Region

Upcoming Southeastern Region Events

**St. Patrick's Day Party:** Our region’s Valentine’s Day Party turned into a celebration of St. Patrick’s Day due to Blizzard Juno. We will search for the pot of gold while enjoying a delicious roasted chicken dinner and sharing blizzard stories with our friends on March 9, 2015.

**Spring Fling Ball and Dinner:** The highlight of our social calendar will be the Spring Fling Ball and Dinner at the Trowbridge Tavern, complete with Doug Lauzon, our DJ, on April 27, 2015.

**Boston Museum Trip:** For the first time, our group will board a bus and visit a museum in Boston, followed by a sightseeing trip around our state capital. The trip will take place on May 19, 2015.

**CapeCodCAN!** Also in May, CapeCodCAN!, A group dedicated to inclusive arts, music, and theater for people with disabilities on Cape Cod will present Scary Gary’s Graveyard of Golden Oldies Radio Show, with guest host: Dead Sullivan at the Cotuit Center for the Arts, main performance space. The show will run on Friday, May 15th, Saturday, May 16th, and Sunday, May 17th (Matinee). The plot is intended to be light comedy, based on the fact that we are dealing with old songs and many “stars” who are no longer with us. For this performance, many of BIA-MA’s support group members on Cape Cod will present an original version of Bob Dylan’s Blowin’ in the Wind. For the past two years, all shows have been sold out so get your tickets early at the Cotuit Center for the Arts (508) 432-0669!
DOUGLAS — A splotch of yellow mustard, not your typical inspiration for a photo essay or book. But when a friend forwarded Sandra A. Madden a photo of a blob of mustard on bread, which had landed in a perfect heart shape, she was taken with the image.

Ms. Madden, a photographer by training, soon was finding hearts all around her, and documenting them. The series of her photographs, collected over several years, is now published in her book, “Hearts All Around Us.”

The book is a reflection on the symbolism of the heart shape, and how searching for them helped Ms. Madden cope with a mild brain injury, which she said has left her with short-term memory loss, neuropathic pain and the phenomenon of “chatter” in her brain. By focusing her camera lens, Ms. Madden said, she is able to focus her thoughts. She found a healing ritual in creating these images.

“The focus I needed to find hearts and create my art took the focus away from the noise in my brain (“chatter”) and body pain. Completely,” she wrote, in an introduction to her book.

In the natural world, Ms. Madden found hearts in the shape of leaves, in the patterns left by raindrops, in scars on tree trunks. On objects, she found them hiding in rust patterns and graffiti, in the charred remains of a newspaper page.

She now sees the image of hearts almost every day. Another person could have stepped over the formation left by strands of seaweed on a beach and not seen the heart.

Ms. Madden saw it, recognized the familiar shape, and like any good photographer, had her camera with her. “It’s almost like a treasure hunt,” she said. “Almost every day I find one.”

Ms. Madden sustained a brain injury in a bicycle accident in 2006, when she flew over the handlebars and landed on the side of a Douglas road. Because she was wearing a bike helmet and didn’t lose consciousness, she said, she never thought she might have suffered a head injury. Initially, she sought treatment for shoulder pain.

“Hearts” continued on page 9

March is Brain Injury Awareness Month

Great time to become a BIA-MA Member!

Each Membership helps brain injury survivors and includes:

- Subscription to the quarterly BIA-MA magazine, Heads Up Headlines
- Discounted registration for BIA-MA (Annual Conference, ABI Series)
- Recognition in the BIA-MA Annual Report
- Informal updates and Advocacy alerts via email

To become a member go to: www.biama.org / Donate Button
Apply to run! 2015 New Balance Falmouth Road Race

More than 11,000 runners will gather in Woods Hole for the 43rd New balance Falmouth Road Race Sunday, August 16th, 2015. The 7.1 mile run is regarded by the many runners who participate as a truly special race. The scenic, seaside competition has become a staple in the Cape Cod community and is recognized as one of the best, most enjoyable road race in New England.

The Brain Injury Association of Massachusetts has 10 (ten) nonprofit entries for runners who wish to participate and fundraise in this event. Each team member must commit to raising a minimum of $1,250.00 by August 24th, 2015.

As a member of Team BIA-MA, all runners will receive: a guaranteed race entry, team dinner on race weekend, BIA-MA team singlet, a personal fundraising web page, online tools that make fundraising easy, training tips emailed weekly, team emails with fundraising ideas, and sample letters. Any team member who raises over $2,000 will receive a one year Professional Plus BIA-MA membership.

If you have any questions regarding the race, BIA-MA or the fundraising requirements, or would like a copy of the team application, please call or email Tania Fernandez at (508)-475-0032 or tfernandez@biama.org. Runners who have secured their own race entries are welcome to join BIA-MA’s official team and receive these benefits.

To learn more about the New Balance Falmouth Road Race, visit: www.biama.org

“Hearts” from page 8

It wasn’t until 18 months after the accident, after she’d had a series of unexplained memory lapses, that she was diagnosed by a doctor with “post concussive syndrome.”

According to the Brain Injury Association of Massachusetts, such injuries can occur from a bump or a blow to the head, and people may not lose consciousness, but instead feel dazed or confused after an accident. Mild brain injury symptoms can include a range of responses, such as memory loss, lack of motivation, anxiety, irritability, and fatigue.

To help compensate for the memory loss symptoms Ms. Madden has experienced, she takes part in routines, including leaving notes to herself and leaving needed objects, such as car keys, in a particular spot all the time.

Photographing the hearts, she explained, became almost like an exercise in meditation.

Being behind that camera, my pain goes away, and that noise goes away,” she said.

A portion of the proceeds from sale of the books will be directed to the Brain Injury Association of Massachusetts, which provides support services for more than 60,000 people with brain injuries each year. The funds from the “Hearts All Around Us” sales will be used for support group activities, Ms. Madden said.

You may also purchase this book by calling Sandra Madden at (800) 242-0030 x10.
You inspire us to be our very best.

At Northeast Rehabilitation Hospital Network, we strongly believe that our patients deserve high quality, compassionate care. Our accreditations by the Joint Commission and The Commission on Accreditation of Rehabilitation Facilities show that we are making a significant investment in quality on a day-to-day basis from the top down.

In addition to our overall hospital accreditation by both organizations, our Stroke and Brain Injury specialty certifications represent our commitment to provide the highest quality care to our patients with the use of only evidence-based therapies.

We thank each and every former, current and future patient for providing us with the motivation to be our very best.
The Brain Injury Association of Massachusetts gratefully acknowledges the following gifts from our generous contributors received between September 1, 2014 - December 30, 2014.

Corporate Partners
Spaulding Rehabilitation Network
NeuroRestorative
Vinfen
MAB Community Services/Ivy Street School/Seven Hills Foundation

In Honor Of:
Katie Atchue
Bruce & Joan Atchue
Annette Korhonen
Jonathan & Beth Korhonen
Jessica Kruger
Carolyn Bassett
Sharon Bassett
Molly Schwall
Thomas & Soozen Tribuna
Madeline Uretsky
Andover Rotary Club

In Memory Of:
Ann “Honey” Kmiecik
Melinda Torbin
Ann Lehane
Jacqueline Noone
Nicole Jean
Jason Hendler
Claire Tousignant-Moran
Joseph & Alice Addante
Phyllis Baron
Franklyn Bergen
Paul & Lois Brown
Susanne Fecteau
Andre Gelinas
Arlene Korab
Catherine Marcon
Helen Robinson
Kathleen Sachs
John & Carol Schoeneck
Barbara Stattery
Jeanette Thibault
Thomas Tousignant

John H. Kinner
Tony Zhao
Michael Glynn
Gerard Glynn
Brian Nichif
Hugh & Lynne Biggin
Jibreel Lockhart
Ann Sutherland
Nancy McDonough
Jayne Diamont
Paul Travaglione
Elaine O’Brien
Peter Patalano
Peter Curley
William Noyes
Richard Johnson
Linda Fucillo
William Noonan
Wendy Dye

Membership
Kelly Balboni
Lindsey Bannish
Robert Broker
Grace Carpenter
Ann Coney
Linda Corcoran
Pam Enngwer
Debbie Gardner
Christine Gilbertson
Robert Greenly
Martin Greenstein
Gregory Hall
Teresa Hayes
Allen Hill
Patrice Kelly
Callie Kiley
Kenneth Kolpan
Tyler Masi
Kimberly Matthews
Mary Mills
Fran Newton
Na Nguyen
Isaias Rivera Jr
Isaias Rivera Sr
Vivian Rivera
Linda Saraco
Paul Schiiff
Huntley Skinner
Stanley & Bonnie Snow
Jo Solet
Daniel Sprout
Cathy Stern
Christianne Wade
Mark Whitehouse
Harold & Alice Wilkinson

Somerville Kiwanis Club
Dave Thomas
Nancy Truesdell
John Zakian

Annual Appeal
Joan Antonio
Joan Battey
Benefit Community Impact Fund
Angela Bereche
Berkshire Family & Individual Resources/BFAIR
Stacia Bissell
James & Pamela Bittner
Geraldine Bolden
Sandra Cadigan
Cindy Campbell
George & Jacqueline Carolan
Constance Carpenter-Bixler
John Chatallan
Michele Chimura
Russell & Barbara Clough
David Collins
Ann Coney
Roy & Lorraine Corbeil
Scott Davis
Peter & Bobbie Demers
Ita Denneyh
Nancy Didick
Karen Dmohowski
Thomas & Elizabeth Donovan
William Dow
Carole Ellis
Wendy Feldman
Vincenzo Ferraro
Phyllis Fitzpatrick
Jud Freeman
Peter Gandelto
Janine Giles
Thomas Greene
Robert Greenly
Martin Greenstein
Craig Gustafson
Virginia Hahn
Virginia Hahn
George & Sioban Haldeman
Inta Hall
Winnifred Hanson
Leslie Healey
Celeste Hurley
Susan Iannaco
Independent Living Center of the North Shore & Cape Ann, Inc.
Richard Jakubaszek
Sally Johnson
Debra Kamen
Doug Katz & Kim Storey
Patricia Kaufman-Vaughan
David Kent
Arlene Korab
Law Office of Carmine E. Esposito
Michael Lieberman
Ivan Lipton
Paul MacArthur
Sheila Marder
Deborah Marquis
Laura Mason
Robert McCafferty
Neal McGrath
Phil Michaelson
JP Monnin
Doug Murstein
Fran Newton
Noreen O’Gara
Kristina Paget
Alfred & May Persson
Jamie Pistilli
Dianna McDevitt
J. Anderson Plumer
Elaine Quinlan
Robert Rands
Joan Rauch
Robert Richardson
Peter & Lucy Robbins
Kellie Rowell
Kathryn Rucker
Paul Schiff
Steven Schwartz
David Sears
Margaret Serpa
Huntley Skinner
Patricia Slingluff
Theresa Smith
Stanley & Bonnie Snow
Cathie Soter
Nancy Soter
Gayle Stebbins
Cathy Stern
Diane Stevens
Diane Stoler
Edward Sugermeyer
Thomas Sullivan
John Tomasetti
Sandra Villante
Luz Witt-Mesa
John Zakian
Rita Zarella
Mark Zibro
Linda Zoe Podbros

In Honor Of:
Linda Zoé Podbros

3rd Party Fundraising
Gary Elkins Memorial Bike Run
Richard & Ann Daniels
Joseph & Donna DiPersio
Christine Elkins
Nancy Hulse
Jeffrey & Sharon Maille
Montuori Oil Delivery, Inc.
Michael & Janet Montuori
Michael Rines
Paul & Norma Roberts
George Wedge

Hearts All Around Us
Sandra Madden

Individual Donations
Allstate
Anonymous
Bruce Atchue
Brain Injury Association of America
Burlington Breakfast Rotary
Maev Hughes
Jim Keating
Edith Marshall
JP Monnin
Katie Phelan
Patricia Porcario

www.biama.org

our sincere thanks

This list recognizes gifts as of Oct 1 - Dec 31, 2014. We make every effort to ensure the donor listings are accurate. If we have inadvertently made an error, please contact Tania Fernandez at tfernandez@biama.org.
Some define it as simply “feeling good.” Others describe happiness as being an infinitely more complex, scientifically quantifiable emotion; an equation that includes pleasure, engagement and meaning experienced in both the short and long term. Still others, like Mahatma Ghandi, describe happiness as a state of being where, “What you think, what you say and what you do are in harmony.”

Happiness can stem from our own actions and sense of purpose. It may be a seed planted by someone else’s generosity or come from achieving goals or even from viewing a work of art. Happiness can be elusive and enigmatic for some people, while others seem to know just how and where to find it. Ultimately, happiness is subjective. Finding happiness is up to each of us as individuals.

But what if you’ve sustained a traumatic brain injury? Is attaining the most basic definition of happiness possible? Is happiness achievable when you’re no longer the same person you were before your injury?

I believe that the same rules for finding happiness apply to all of us – brain injury or otherwise. Each of us has the capacity within. To find it, we must make a practice of positive actions and decisions that will allow our inner happiness to rise. We must practice happiness on a daily basis to find ourselves happy in the future… and be able to look back on happy memories.

What are the positives actions and decisions we must undertake to reach a state of inner-Eden?

Accept Your Limitations and Embrace Your Boundaries. Struggling against your limitations takes a vast amount of energy. When you are aware of your deficits, your therapist can help you develop strategies to work around them. This will help you begin to move forward in your life. If you aren’t able to drive- ask a friend, relative or transportation service to chauffeur you. Don’t lament your ability to drive. Rather, embrace the opportunity to socialize with whomever is driving you. Remember, it is up to you to make the best of every situation.

(“Happiness”/continued on page 13)
Set Realistic Goals – Then Break Them Down to Bite-size Goals. Someone who decides to scale Mount Everest doesn’t catch the first plane to Nepal and start climbing. They train first and master the variety of skills and equipment required to make the 29,029 foot ascent. The same is true with our goals in daily life. If returning to work after being injured is your goal, performing your former duties might make scaling Mount Everest seem less challenging! Instead, consider starting small at a sheltered workshop or in supported employment. Use a job coach to help you break down your goal into many smaller ones: explore your career options, developing your resume, rehearse your interview skills, purchase professional attire and secure transportation when you start interviewing.

Change Your Perspective. We all have days where we feel like the world is against us or that we can’t do anything right. You can choose to accept and understand the situation by changing your perspective. Taking a different view of an issue or “putting yourself in someone else’s shoes” can make the difference between frustration and better understanding.

Learn to Smile in the Face of Adversity – and Everywhere Else Too. Helen Keller wrote, “Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.” While you may have already experienced your fair share of adversity, Life is never done with us. You can choose to welcome adversity as a challenge for you to overcome.

Keep a Journal or Blog of Your Thoughts. Writing in a journal or blog gives us the opportunity to streamline our thoughts. When what we think and feel is in black and white before us, it becomes easier to stand back and analyze our decisions and thought processes. Journaling allows us to stumble into catharsis, into witnessing a revelation in our own lives.

Helping Our Patients Live Life to the Fullest. At Spaulding Rehabilitation Network (SRN), we help our patients rebuild their physical and cognitive function after traumatic brain injury. We focus on helping them find the emotional strength to thrive in the days to come.

Our brain injury clinical teams bring specialized experience and world-class expertise to the patients in their care. Our physician-led teams provide an unwavering commitment and the support to help patients and family members stay hopeful, determined and strong.

SRN provides patients and families access to an unmatched range of services and programs - from advanced evaluation technologies to evidence based rehabilitation programs to extensive family and community resources.

Patients in the BI Program at Spaulding consistently achieved higher rates of functional improvement than national averages (UDS & e-rehab database).

The TBI Program at Spaulding has been selected as a Model Systems site by the National Institute on Disability and Rehabilitation Research (NIDRR).
Seek Out New Experiences. Living by a daily routine is important – especially with a brain injury. But sometimes routine becomes so automatic that we miss the myriad of experiences life has to offer. Seeking out new experiences can be as simple as trying a new kind of food or going to a play instead of a movie. The idea is to do something - anything positive - that is different and even potentially outside your comfort zone. Our lives and personal histories are constructs of our experiences…and you never know when you might discover something new that makes you happy.

Get Social. Extravert or introvert, we are all social beings. When we are around others who are like us, we catch a glimpse of both ourselves and life’s possibilities for us. Being around other people with brain injuries will also give you a sense of belonging. What’s more: studies show that people who socialize regularly experience less stress, illness and even live longer lives!

Be grateful...and Express it! Pretend every day is Thanksgiving and acknowledge everyone in your life who has made a positive difference. You can do this in person or your journal. Cultivating an attitude of gratitude cannot only make you a happier person, but it has distinct physical and psychological benefits too. In Dr. Sonja Lyubomirsky’s The How Of Happiness, she explains, “Gratitude boosts happiness by promoting positive life experiences, increasing self-esteem, encouraging caring acts and moral behavior, deterring negative feelings and emotions AND helps us strengthen our relationships.”

Don’t Sweat the Small Stuff. Stress is at the root of practically all anxiety and, very often, illness. Although it is easier said than done, it is counterproductive to stress out or get emotional about aspects of life we cannot change. Eating healthfully, exercising and getting a solid 8-hours of sleep every night also go a long way to helping us reach a state of serenity.

Forgive and Forget. Like avoiding stress, forgiveness can be a monumental task – but it is, quite literally, good for both your heart and overall health. Forgiveness can give you a lower heart rate, blood pressure and reduce your stress level. A study published in the Personality and Social Psychology Bulletin, found that “Forgiveness not only restores positive thoughts, feelings and behaviors toward the offending party (in other words, forgiveness restores the relationship to its

(Happiness / continued from page 13)

(Happiness / continued on page 15)
previous positive state), but the benefits of forgiveness spill over to positive behaviors toward others outside of the relationship.”

Feed Your Head. These days, there is a diet for just about everything. Because we now understand so much more about the nutritional content of food and their direct benefits to our bodies, zeroing in on a diet that can benefit your brain is simple. According to Dr. Phillipa Norman, including the following foods in our diet can provide energy, help cognition, learning and more: Avocados, Fish, Purple grapes, Brown rice, Lentils, Eggs, Flax seeds, Sesame (seeds, oil, butter, etc.), Sweet potatoes, Spinach.

Exercise. According to the National Academy of Sports Medicine, exercise promotes personal happiness in several ways. “Regular exercise releases endorphins and catecholamines, which are the “feel good” chemicals released by the brain. Regular exercise also increases production of dopamine, a neurotransmitter that improves mood and decreases feeling of depression. Exercise also helps happiness by increasing self-esteem and feelings of accomplishment.”

Don’t Just Show Your Compassion, Act On It. Compassion is showing sympathy for the suffering or misfortune of others. But there is an enormous difference between feeling compassion and acting on it. In the long run, the benefits of acting on your feelings go far beyond the immediate effect of helping you lead a happier life. When you act on compassion, you improve someone else’s life and, therefore, all of our lives.

Laugh…So the World Will Laugh with You. A list of the physical and psychological benefits to laughter probably runs longer than a complete encyclopedia of knock-knock jokes. Here are a handful: Laughter relaxes your entire body and relieves physical tension and stress. Laughter can improve your resistance to disease. It triggers the release of endorphins that promote a sense of well-being and even temporarily relieves pain! Perhaps most importantly, laughter strengthens our social bonds with others and enhances our own sense of resilience.

Know your purpose. When you know why you’ve been given the gift of survival, you’ll know where to focus the majority of your energy. Yours might be to help others, make art or music, be a good son or daughter or do any number of things! Ultimately, knowing your purpose allows you to live a more satisfying life.

Add to this list! You make your own happiness! Seriously. Add to this list. There should be room in every happy life to grow, to be creative and share that creativity with the world. Whether it’s a pearl of wisdom or a one-sentence manifesto – make your mark with a comment.

In reality, happiness requires more than a few suggestions from a blog. It takes practice. Whoever said “Happiness is a journey, not a destination,” knew that the longer you travel, the easier it gets. The same is true of practicing happiness. The more accustomed you become to practicing happiness, the more happiness will seem as natural as smiling on a warm, spring morning.

Answers to Brain Games

<table>
<thead>
<tr>
<th>Answers to Brain Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1 4 6 9 3 8 7 5</td>
</tr>
<tr>
<td>8 5 3 1 7 2 4 6 9</td>
</tr>
<tr>
<td>6 7 9 8 5 4 3 2 1</td>
</tr>
<tr>
<td>7 2 1 9 8 6 5 3 4</td>
</tr>
<tr>
<td>9 4 5 7 3 1 6 8 2</td>
</tr>
<tr>
<td>3 6 8 4 2 5 9 1 7</td>
</tr>
<tr>
<td>1 8 6 2 4 9 7 5 3</td>
</tr>
<tr>
<td>5 9 2 3 6 7 1 4 8</td>
</tr>
<tr>
<td>4 3 7 5 1 8 2 9 6</td>
</tr>
</tbody>
</table>
Apply to run on the

BIA-MA 2015 Falmouth Road Race Team!

Raise money for a great cause! Participate in one of the premier races in all of New England. This race is available by lottery only. The BIA-MA has 10 bib numbers available and is accepting applications for the BIA-MA Team, RUN FOR BIA-MA. Applications will be accepted on a first come / first served basis.

Any questions? Contact Tania Fernandez at 508-475-0032 x29 or email at tfernandez@biama.org.

For more information about the race, please visit: https://www.biama.org/fundraising.html