
WALK & ROLL WITH US IN SEPTEMBER!

This year BIA-MA hosts its fourth year of Walk & Roll! Our three Walk & Roll events bring together hundreds of people to celebrate the lives of brain injury survivors and remember those lost to brain injury while providing a place of camaraderie and healing for family and friends that have walked alongside them. Funds raised

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Message From Nicole Godaire, BIA-MA Chief Executive Officer

The Brain Injury Association of Massachusetts Board of Directors and staff would like to thank the countless families, survivors, advocates and professionals in the brain injury community that worked tirelessly and contacted their state legislators to increase services for individuals with brain injury. BIA-MA would like to thank Senate President Emerita Harriette Chandler and Representative Kimberly Ferguson for their ongoing support and commitment to the brain injury community. Without the support of our legislative partners none of these accomplishments would have been possible.

All of these efforts have made a tremendous impact and because of you, the following legislative initiatives were accomplished in support of brain injury survivors across the state:

- In support of the budget process, BIA-MA advocacy staff attended State House meetings, hosted advocacy training workshops, and executed a successful Brain Injury Advocacy Day at the State House, following the budget on both House and Senate sides, finishing with approval from Governor Baker.

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at the Walk & Roll help to provide programs to survivors, caregivers and professionals across the state in prevention, education, advocacy, support and resources.

Register as an individual or organize a whole team! It’s easy – just visit www.biama.org/walk and select the date/location you are interested in participating in. Then follow the prompts! Our fun online platform allows users to customize their personal and team pages, fundraise and communicate with donors and teammates, and follow along with the success of the event. Learn more at www.biama.org/walk

Volunteer and sponsorship opportunities are also available. For more information on how you can get involved contact us at walknroll@biama.org or call 508-475-0032.

We hope to see you there!

**DAY/DATE**

- Saturday, September 15, 2018
- Sunday, September 23, 2018
- Saturday, September 29, 2018

**LOCATION**

- Ashuwillticook Rail Trail, Farnams Road, Cheshire, MA 01225
- Maple Street Field Track, Framingham State University (FSU), 220 Maple Street, Framingham, MA 01702
- Buzzard’s Bay Recreation Area, Cape Cod Canal, 110 Main Street, Bourne, MA 02532
The 2018 Golf Classic - a Smashing Success!

The Annual Golf Classic wrapped up with a fundraising total of $45,565!

Special thank you to BIA-MA Golf Chair, Laura Herman for all her tireless work in ensuring perfect weather year after year! Ok, it might be hard to give Laura all the credit for the weather, but she is certainly an integral part of the Golf Classic and we couldn’t be more thankful.


There was no lucky hole in one winner this year – but our putting contest qualifier came closest to the pin as The Haven Country Club’s golf Pro, Hal Jacobs, “has ever seen!” Still no cigar though. Golfers also took their chances on a Vegas Hole 50/50, wine raffle, and various raffle and silent auction items. Funds raised at the Annual Golf Classic help BIA-MA to continue to work toward better futures for all those affected by brain injury.

We have fun at this event every year – and hope to see you on the links next June!

2018 Annual Golf Classic Contest and Prize Winners:

Longest Drive (men) - Brendan Sweeny
Longest Drive (women) - Elizabeth M. Jolles
Closest to pin (men) - Richard Jubinville
Closest to pin (women) - Carolyn Ryan
1st Net (47) - James Rucki, Brendan Sweeny, Kyle Youmans, Terry Dolan
2nd Net (49) - Joseph Gomes, Asela Jayasinghe, Sandra Schultz, Casey MacGilvery
3rd Net (50) - Patrick Graham, John McDonald, Garry Sherry, Dave Belanger
The Ed Wilkinson Memorial Lecture, hosted by BIA-MA, was held on Tuesday, June 26 at the Wellesley Free Library in Wellesley, MA featuring Arthur E. Dell Orto, PhD, CRC.

This lecture was funded by the Ed Wilkinson Memorial Fund, that Dr. Wilkinson and his wife Alice spearheaded in memory of their son Ed, who passed away in 2001 due to brain and lung injuries sustained in a January 2000 accident. The fund is intended to provide caregivers (the dedicated nurses and physicians who cared for Ed) and loved ones (Ed’s devoted family and many friends) with the support and tools they need to navigate the world of brain injury.
In collaboration with several experts in the field of brain injury, BIA-MA is excited to announce the return of the Acquired Brain Injury Clinical Continuing Education series! Beginning in October, the Fall 2018 series will offer 4 courses presented by professionals in the field, from topics ranging from “ABI Clinical Continuing Education Certificate” to “Substance Abuse and ABI”. All presentations will be hosted at the UMASS Medical School South Street Campus in Shrewsbury, MA. and will offer CEs for several different disciplines. For official flyers and more information about registration, please visit our site at www.biama.org/abitraining or contact Education Manager Beth Pusey at 508-475-0032.

The Brain Injury Association of Massachusetts (BIA-MA) in collaboration with Whittier Rehabilitation Hospital is offering an intensive exam preparation course for the following Academy of Certified Brain Injury Specialists (ACBIS) Certifications: Certified Brain Injury Specialist (CBIS) and Provisional Certified Brain Injury Specialist (PCBIS). The lectures will be given by Dr. Michael Sefton, Ph.D, CBIS-T, Neuropsychologist, Whittier Rehabilitation Hospital on Saturday, October 27 and Sunday, October 28, 2018. Applicants will have the option of viewing the lecture onsite or online. Visit www.biama.org/acbis to stay up to date on details of the course and registration deadlines!
Fall is coming and slots for the 2018-2019 school year are open! If you are an invested educator, school nurse or administrator, dedicated parent, or committed student – you can get a Think A-Head program at your school.

Curriculum is customized on age group and can be presented to students in grades 1-12! Topics range from basic functions of the brain to the best ways to keep your brain protected, with a focus on how to help students stay healthy and guide them in making safe choices. Each program is delivered by an experienced staff member and a speaker with a brain injury background.

Learn more about the program and how you can bring Think A-Head to your school by visiting www.biama.org/thinkahead

WESTBOROUGH FALL FESTIVAL: SAVE THE DATE!
SAVE THE DATE for the Brain Injury Association of Massachusetts Central Office Fall Festival! The Fall Festival will be held on Sunday, October 28, 2018, from 1:00 – 4:00 p.m. at the Best Western Royal Plaza Hotel, 181 Boston Post Road West, Marlborough, MA. Included will be a buffet dinner, DJ, and line dancing! Western wear optional! Cost: $10 per person. For details as they unfold, visit www.biama.org/centralregion

EAST WAREHAM - SUMMER FUN!
On Monday, June 11, BIA-MA East Wareham office had its 9th Annual Picnic which was held at the Bourne Scenic Park, with 14 people attending. The day brought lots of sunshine, great food, outdoor activities and plenty of socializing. Our Creative Corner in May was freestyle tile painting with summer on the mind. For upcoming events visit www.biama.org/southeasterregion

PITTSFIELD - CULTURED PASTIMES!
Summer has switched into high gear! May and June included a Mexican lunch, a visit to the Smith Art Museum, a High Tea at Edith Warton’s home, The Mount, and a hike in Hadley. In July the Pittsfield Office held the annual Summer Picnic at St. Helena’s in Lenox. Upcoming events include a Sunday afternoon picnic at Tanglewood. In September, our annual Walk and Roll for brain injury awareness will be held in Cheshire. For upcoming events visit www.biama.org/westernregion
Aphasia is the loss of language, typically resulting from an acquired brain injury such as a stroke, brain tumor, or traumatic brain injury. People with aphasia can have trouble speaking and/or understanding language. They can also have difficulty reading or writing.

Although aphasia can negatively impact a person’s ability to use language, it does not impact their intelligence. People with aphasia have thoughts and ideas that they want to share, just like anyone else. As a friend or family member of someone with aphasia, there are several things you can to support communication to reduce the risk of frustration or social isolation:

1. ALLOW TIME TO SPEAK: At times, family and friends try to be helpful by filling in pauses or speaking for the their loved one. However, allowing their loved one time to think about what they want to say helps foster independence and confidence in communication. Fight the urge to fill in pauses, speak on behalf of him/her, or guess what they might be trying to communicate. Allow your loved one extra time to find the words they want to use and encourage them to take his/her time.

2. USE YES/NO QUESTIONS when noticing breakdowns in communication: Open ended questions can be harder to answer, particularly when your loved one is feeling tired, emotional, or stressed out. Help streamline communication by asking your loved one yes/no questions. For example, instead of asking “What's wrong?” try asking “Are you in pain?” , “Are you tired?” , etc.

3. LIMIT DISTRACTIONS: Effective communication requires focus and attention. Since people with aphasia are already putting a lot of effort into communicating, loud and distracting environments can make it that much harder to communicate. Try your best to provide your loved one with quiet and calm environments for communication, especially when attempting to have important conversations.

4. ENCOURAGE MANY FORMS OF COMMUNICATION:
Communication can happen in a variety of ways and does not have to be strictly verbal! When your loved one is having trouble communicating his/her ideas, encourage him/her to get resourceful: writing, gesture, referencing pictures, or acting out ideas can all be effective ways to communicate.

Community Rehab Care provides community-based outpatient rehabilitation and support services to adults and children with neurologic, musculoskeletal, or orthopedic injuries or illnesses. BIA-MA is proud to partner with providers like CRC across the state.
Tim Shotmeyer has had multiple concussions over the course of his life, the first as a toddler when he fell down the stairs, as an athlete playing football and rugby, and most recently a 2014 car collision. Soon after the accident, Tim noticed increased difficulty reading, sleeping and a problem with memory. He was also experiencing tremors, stuttering and seizures.

For the next year and a half, Tim received cognitive therapy at the Kessler Foundation in New Jersey. The improvements and skills he received with this therapy enabled him to live a better life with his wife, Sarah, and two young children, Phoebe and Charley. Tim explained, “the therapy helped him to have a mindset change looking at the glass half full instead of half empty”.

Tim moved to Massachusetts last summer and became involved with BIA-MA during Brain Injury Advocacy Day at the State House. Tim now attends support groups and advocates on behalf of the brain injury community. “BIA-MA has given me the opportunity to see that I still had some of the old Tim left in me. I look forward to the opportunity to encourage other survivors that are going through this, letting them know they're not alone,” Tim says. We are excited that Tim will be sharing his story with us at the Walk and Roll for Brain Injury in September at Framingham State University.

Barbara Webster, Survivor & Family Educator, is responsible for BIA-MA survivor-based education programs, such as the “Thriver Workshops: Practical Tips, Tools & Strategies for Brain Injury Survivors”.

Prior to her position at BIA-MA Barbara was a Consumer Science and early childhood educator. In 1991, when a car slid into hers on a slippery road, her car was totaled, and she lost consciousness momentarily but she didn’t have a “scratch on her”. She was sent home with instructions to take Advil. After the accident she noticed she couldn’t do basic things like cook supper or tolerate the noise and confusion of children, which permanently affected her career path. A 20-year resident of Framingham, Barbara found she would get lost easily and not know her way around. It wasn’t until her son’s school featured a speaker from BIA-MA that Barbara discovered support group meetings and attended outpatient rehabilitation.

Barbara has worked in the field of brain injury for 20+ years. In addition to her role at BIA-MA, she facilitates the BIA-MA Brain Injury survivor support group in Framingham, is a published author, often writes columns and lends her insights to various brain injury publications.

Barbara is grateful to have had the opportunity to grow with the Brain Injury Association of Massachusetts over the years and have the opportunity to help other survivors. Barbara’s mission is to encourage survivors to continue their healing and rehabilitation process, to never give up, to inspire hope.
Chopp’s Champions is a community-wide campaign to recognize and salute local heroes through Chopps American Bar and Grill at the Boston Marriott Burlington.

Winners in six categories: Business, Community, Education, First Responders / Military, Healthcare, and Technology, who have demonstrated excellence in their field through leadership, achievement, and volunteerism are each given the opportunity to choose a charity, to which the hotel donates $1,000.00 in their name.

BIA-MA was the charity of choice for the 2018 winner in Healthcare – Sandi Mackey. Ms. Mackey has been the Trauma Program Manager at Lahey Hospital & Medical Center for 10 years.

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- Personal stories shared and actions taken by many of you who have been directly affected by brain injury have helped to increase the Statewide Head Injury Program budget by $750K over the proposed budget. SHIP provides a range of community-based services to persons who have sustained a traumatic brain injury (TBI), including: case management, social/recreational programs, skills training via regionally-based head injury centers, respite, residential services/programs, and family support services.

- The Brain Injury Commission was successfully added in an outside section of the budget. The commission plans to review data and the needs of the brain injury community, analyze the status of rehabilitative residential and integrated community-based support services, and will make recommendations regarding the improvement of such services.

- The Cognitive Rehabilitation Bill has moved along with favorable votes in both Financial Services and Healthcare Finance committees – moving it two steps along the legislative process. The bill remains in Senates Ways & Means and we continue to push for its passage.

We will continue to keep you updated as we develop our legislative priorities for 2019. Please reach out to Kelly Buttiglieri at advocacy@biama.org if there is a specific public policy initiative you think BIA-MA could provide assistance with in the future.
The Brain Injury Association of Massachusetts gratefully acknowledges the following gifts from our generous contributors received between April 1, 2018 and June 30, 2018

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Chopp's Champion
Building bridges between Substance Use Disorder and the Traumatic Brain Injury Communities in MA

The Massachusetts Rehabilitation Commission (MRC) in partnership with the Massachusetts Department of Public Health (DPH), Executive Office of Elder Affairs (EOEA) and the Brain Injury Association of Massachusetts have received a federal grant for three years to implement “Bridges Between”.

The project will build connections between the Traumatic Brain Injury (TBI) and Substance Use Disorder (SUD) treatment communities, strengthen services for families and individuals living with TBI and SUD and conduct statewide trainings for professionals in both fields.
Strengthening Brain Injury Supports

Seven Hills NeuroCare (SHNC) supports people with brain injuries in their seamless transitions from clinical facilities to residential options that provide person-centered, community-based recreation through day and residential programs. SHNC helps identify each person’s life goals and the steps needed to achieve them. The SHNC interdisciplinary team includes:

- Certified brain injury specialists
- Certified co-occurring treatment specialists
- Clinical behavior specialists
- Medical doctors
- Allied health professionals
- Psychiatrists
- Mental health counselors
- Neuropsychologists
- Neurologists

Through a distinctive array of comprehensive supports, the experienced and dedicated Seven Hills NeuroCare team works to restore hope, independence and dreams. To learn more, call 508.983.2976 or visit sevenhills.org.

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).
Rebuilding Lives After Brain Injury

NeuroRestorative Massachusetts is a leading provider of post-acute rehabilitation and support services for individuals with brain injuries and other neurological challenges. In a variety of locations and settings, we offer a continuum of care through our community-based programs.

- Neurorehabilitation
- Neurobehavioral
- Supported Living
- Transitional Living
- Host-Home

- Day Treatment
- Outpatient
- Respite
- Neurofunctional Home & Community

800-743-6802
NeuroRestorative.com

Vinfen proudly supports the Brain Injury Association of Massachusetts!

Thank you for serving the needs of people with brain injuries, their families, and their caregivers across Massachusetts.

Vinfen transforms lives by building the capacity of individuals, families, organizations, and communities to learn, thrive, and achieve their goals. Our services promote the recovery, resiliency, habilitation, and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer, and partner of choice.
Brain Injury Services

Our Brain Injury Services offer personalized solutions in the heart of the community.

- Community Supports
- Day Services
- Recreation
- Residential Services

For questions or more information contact BrainInjury@Advocates.org.

Advocates champions people who face developmental, mental health, or other life challenges. We partner with individuals and families to shape creative solutions to even the greatest obstacles.

First, we listen. Then, together, we do what it takes to help people thrive.

www.Advocates.org

Live Well with brain injury

Individuals living with brain injury can indeed live well. Supportive Living’s Live Well activities help individuals with brain injury enjoy life – to live well! Activities include: Exercise, Music, Cooking, Gardening, Yoga, Concerts, and more.

Live Well activities are available at Supportive Living residential programs located in: Lexington, No. Reading, Rockport, Woburn, and at partner sites in Wenham and Marblehead.

supportivelivinginc.org · 781-274-8711 info@supportivelivinginc.org

Heads Up Headlines - SUMMER 2018
Upcoming BIA-MA Events

Walk & Roll for Brain Injury:
- Ashuwillticook Rail Trail - Cheshire  September 15, 2018
- Framingham State Univ. - Framingham  September 23, 2018
- Cape Cod Canal - Bourne  September 29, 2018

ABI Clinical Continuing Education (CE) Series:
- ABI Clinical CE Certificate  October 3 & 4, 2018
- Neurodiagnostic Procedures/Neurological Effects of ABI  October 12, 2018
- Substance Abuse and ABI  November 7, 2018
- Functional Neuroanatomy Review  December 5, 2018

Learn more at www.biama.org or call 508-475-0032
YOUR BIA-MA SUMMER 2018 NEWSLETTER HAS ARRIVED!!