We are so excited to work with the Unmasking Brain Injury Project! After launching in October 2018, hundreds of masks have been distributed to survivors to create their own works of art, to tell their own lived experience and how brain injury has affected them. It is the goal of the Unmasking Brain Injury Project to promote
I am honored to have the opportunity to address you all here as the newest board member to join the Brain Injury Association of Massachusetts. Brain Injury Rehabilitation has been my passion and focus for over 20 years and I am very proud to be here. I was lucky enough to begin working in the field straight out of graduate school and built my career with NeuroRestorative, working on behalf of survivors.

Back then, brain injury rehabilitation was in its infancy. Through the grass route efforts of remarkable women such as Marilyn Spivack and Arlene Korab, the sphere of influence began to grow. As technologies and healthcare advanced, more and more individuals were surviving and living with brain injury. More needed to be done – and BIA-MA was at the forefront. All of us in the industry had to step up efforts to support these folks and give them the tools they needed.
“Unmasking” continued from cover

awareness and give survivors a voice.

Collectively, this project partners with brain injury agencies across the country - and, thanks to the help of SHIP funding, BIA-MA is proud to join their ranks to illustrate brain injury and its impact. The mask kit contains a paper mache mask, a test mask on paper, step by step instructions, and story sheet for the artist to share their lived experience or description of what the project means to them. Returned masks will be mounted and displayed throughout Massachusetts.

About the Unmasking Brain Injury Project

The mission:

- To PROMOTE awareness of brain injury
- To GIVE survivors a voice and the means to educate others of what it’s like to live with a brain injury
- To SHOW others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities

Find Unmasking Brain Injury on social media:

- Facebook - facebook.com/unmaskingbraininjury
- Instagram - Hindsfeetfarm #unmaskingbraininjury
- Internet - www.unmaskingbraininjury.org

For more information, or to create your mask today please contact Cynthia Cardeli, Director of Programs & Services at 508-475-0032 or ccardeli@biama.org.
Every brain injury survivor’s story is unique. On February 12, 2019, more than 200 survivors and their caregivers braved harsh winter weather to gather at the Massachusetts State House in Boston. They gathered to share their personal stories face-to-face with their state legislators, enabling elected officials to better appreciate how legislative initiatives before them will improve the quality of survivors’ lives across the Commonwealth.

“This, our fourth Annual Brain Injury Advocacy Day at the State House, is an opportunity to make a powerful statement about the needs of the brain injury community,” said Nicole Godaire, BIA-MA Chief Executive Officer. “Among many other initiatives, in 1985, BIA-MA advocated for the establishment of the Statewide Head Injury Program (SHIP), the government program that funds community-based programs for persons with traumatic brain injury (TBI). We gather today advocating for an increase of $2.5 million for SHIP, and to urge legislators to support passage of the Cognitive Rehabilitation Bill, ensuring that commercial health insurance plans include coverage for cognitive rehabilitation.”

David Dwork, BIA-MA Board Chair, said, “Today is a great opportunity for all of you to become involved in advocating for yourselves and the thousands of other Massachusetts residents living with brain injury. Legislators need to hear the unique personal stories of brain injury survivors in their districts and how the state can best address their needs.”

To help prepare the attendees for visits to their legislators’ offices later in the day, Senator Harriette Chandler, Representative Kimberly Ferguson, and Toni Wolf, Commissioner of the Massachusetts Rehabilitation Commission (MRC), offered their thoughts on the importance of advocacy, their experiences, and the work of BIA-MA.
Sen. Chandler has been deeply involved with the brain injury community for nearly a decade. She was instrumental in creating the Massachusetts Brain Injury Commission, established in 2011 to study the needs of brain injury survivors in the state and recommend steps to provide services, which at the time were virtually nonexistent.

“Meeting today with your legislators puts a face on the needs of the brain injury community,” she said. “To my colleagues in the House and Senate, when you or your staff are meeting with these advocates, please listen carefully to their needs.” She added, “The work of the Commission, and our support for the untiring efforts of BIA-MA, are just the beginning of our commitment to helping brain-injury survivors rebuild their lives and reclaim their dreams to the best of their abilities. I have made it a priority to work on behalf of survivors and families, and to support the BIA-MA.”

Rep. Ferguson said, “Welcome to the State House! I applaud you for braving today’s weather to meet with your elected representatives. You are all fighters, and I’m honored to stand among you. I’m honored also to work closely with Senator Chandler to fight for services you need and deserve, including the Cognitive Rehabilitation Bill, which Senator Chandler and I co-filed. Sharing your personal stories with your legislators helps them appreciate the need to move this vital bill, which costs the Commonwealth nothing, across the finish line.”

Commissioner Wolf said, “It is critically important to share your stories and be your own advocate. MRC was recently awarded a federal grant to provide services for people with traumatic brain injury (TBI) and substance use disorder (SUD), in partnership with the Massachusetts Department of Public Health, the Executive Office of Elder Affairs and BIA-MA. This grant will build greater connections between the TBI and SUD treatment communities and bring attention to this important issue.”

Before visiting legislators’ offices, the gathering heard the personal stories of two brain injury survivors. Roberto, 53, survived a TBI he suffered five years ago from a 25-foot fall at his work in the marine industry. George, 39, survived a massive brain tumor four years ago. Like Roberto, George struggles with multiple cognitive deficits, such as short-term memory loss, executive function and behavioral filter. Today, following extensive cognitive rehabilitation, supportive families, and their participation in BIA-MA support groups and SHIP, both men are working to rebuild their lives. “We brain injury survivors aren’t disabled”, George concluded, “rather, we’re differently abled. People with brain injuries have the same hopes, dreams and aspirations as everyone else.”

The mission of BIA-MA is to create a better future for those affected by brain injury. To learn more, please contact Kelly Buttiglieri at 508-475-0032 or kbuttiglieri@biama.org.
The ABI Clinical Continuing Education Series Spring series kicked off with Therese O'Neil-Pirozzi's “The Aphasias and other Language and Verbal Output Disorders Associated with Acquired Brain Injury” on Thursday January 17, 2019. We have some new trainings added to the lineup for the spring, so please continue to visit our website for more trainings in the spring series at www.biama.org/abitraining.

BIA-MA staff member and survivor Barbara Webster will be presenting the second installment of the well received Thriver Workshop, titled “Organizing: Inside and Out” beginning Spring 2019. This workshop is open to survivors of brain injury and provides helpful tools and resources for those struggling to organize. More details to come on our website at www.biama.org/education.

BIA-MA PARTICIPATES IN NATIONAL IMPAIRED DRIVING ASSESSMENT


Justine Cote, BIA-MA Prevention Manager, joined other local community advocacy agencies. The goal of the event was to provide an overall assessment of the status of impaired driving in the Commonwealth. Each panelist gave their insight on the improvements that need to be made in terms of impaired driving by way of their organizational lens. Topics explored included enforcement, adjudication, laws, data, research, and programs. At the end of the week, a recommendation report was provided to the Commonwealth on how to minimize impaired driving to make our roads safer.

To learn about BIA-MA Prevention programs, visit www.biama.org/prevention.
**THE OUTREACH DEPARTMENT AT BIA-MA WAS VERY BUSY THIS PAST FALL**

The Outreach Department at BIA-MA was very busy this past fall with participation at conferences hosted by the Massachusetts Public Health Institute (MPHI), Cotting School, Head Injury Community Services (HICS), Encompass Health Neurorehabilitation and several substance use disorder (SUD) related conferences.

At the MPHI conference, emphasis was placed on the environment as a health determinant. Interesting conversations resulted regarding toxins such as lead as potential causes of Acquired Brain Injury (ABI). The annual Cotting School conference keynote speaker, Andrew Solomon, author of the book “Far from the Tree”, provided insight into the experience of parents raising children that are dissimilar to their parents for a variety of reasons. Parents and caregivers were able to share their personal experiences raising children with differing abilities resulting from an ABI.

The SUD conferences focused on opioids as a direct cause of brain injury (non-fatal opioid overdose resulting in anoxia or hypoxia). Individuals living with substance use disorders may also be at a higher risk for falls and sustaining a Traumatic Brain Injury (TBI). BIA-MA hopes to make the public aware of these connections to both prevent brain injury and to support those living with addiction and brain injury.

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**COMMUNITY OUTREACH**

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**WESTBOROUGH**

On Tuesday, December 11th, the Haverhill Support Group enjoyed a holiday potluck dinner and Yankee Swap during their evening meeting at Whittier Rehabilitation Hospital. Members enjoyed appetizers, lasagna, many other hot dishes, cider and dessert, and had a fun time choosing and swapping gifts, with plenty of laughter. The Framingham Support Group had a buffet lunch in the Fireside Room at La Cantina Restaurant in Ashland. Members exchanged gifts and played a game afterward - everyone had a great time!

**EAST WAREHAM**

Who doesn’t like getting to be someone else for a day!

For the 10th year in a row, survivors and their families from the Southeastern Region enjoyed a fun filled Halloween Costume Ball and a great dinner. Each year costumes get more complex and detailed - and this year was no exception!

**PITTSFIELD**

Fall and winter were very busy! Events and activities included a fun afternoon at Spare Time Bowling (Northampton) and the 3rd annual Holiday Hibachi Lunch at Enso (Lenox). Support groups held holiday celebrations at the December meetings and during the monthly Creative Corner events, survivors enjoyed crafting greeting cards, three dimensional mobiles, and holiday wreaths with fresh greenery.

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**HOLIDAY PARTIES**

Learn about similar events, funded by SHIP, at [www.biama.org/eventsandactivities](http://www.biama.org/eventsandactivities)
needed to integrate into the community.

As the field grew, so did the provider network and the available programming across the continuum of care. I was able to develop and grow the range of programming from neurorehabilitation to supported living in Massachusetts and many other states through my role at NeuroRestorative. While doing so, I relied heavily on BIA-MA to provide resources to survivors and families I came in contact with. Some of my fondest memories are the BIA-MA events – bringing the community together and raising awareness.

With the industry changing so rapidly, I believed strongly in improving patient outcomes through early and often mobility, while protecting our caregivers from injury, which led to me Atlas. As I have spent a lot of time in my new role in acute care hospitals, I am reminded that “Mobility is Medicine.” We see vast improvements with survivors when they participate in early and progressive mobility programs. And I look forward to seeing where this bolstered initiative will take us in this area.

My appointment to the BIA-MA Board of Directors brings me great joy as it brings me back to my roots. I hope to share my experiences, energy and creativity with you all.

“Executive Message” continued from page 2

YOU ARE INVITED!

To join BIA-MA at our Annual Meeting & Awards Banquet

**WHEN:** Wednesday, March 27 – 5pm (Directly following the Half-Day Pre-Conference)

**WHERE:** Best Western Royal Plaza Hotel, 181 Boston Post Road West, Marlborough, MA

This is a great opportunity for industry professionals, survivors, caregivers and their families to come together to reflect on the previous year in brain injury, learn more about BIA-MA, and to celebrate Brain Injury Awareness Month and our award winners.

Visit [www.biama.org/annualmeeting](http://www.biama.org/annualmeeting) for more information, how to RSVP, and a way to nominate an award recipient!
It’s true...we are getting the band back together! Team BIA-MA has 10 bibs for the 2019 New Balance Falmouth Road Race!

Runners and non-runners alike love this race – cross the finish line for yourself AND in support of brain injury and the BIA-MA mission – to create better futures for all those affected by brain injury.

But first you must apply – visit www.biama.org/falmouthrr to submit your bib application. Once selected, runners commit to a $900 fundraising minimum and must register with Falmouth Road Race to run. Runners receive a personal fundraising page, a Team BIA-MA jersey, and team dinner the night before the race.

For questions please contact Chesa Conrad, BIA-MA Marketing & Development Manager at cconrad@biama.org.
THANK YOU FOR YOUR END OF YEAR SUPPORT!

As we look back on the year past and look forward to a new year just beginning, we want to say THANK YOU!

This past holiday season was a busy one – once again partnering with the #GivingTuesday movement to give back to our greater community, BIA-MA collected enough items to gift 200 wellness bags to homeless individuals at three shelters across the state. We joined a new endeavor with 31 Nights of Light at the Prudential Center and on December 1st lit “the Pru” blue for brain injury, while inside we warmed ourselves with carols & cocoa.

From November through January 1st these initiatives and others raised $15,500 in support of better futures for all those affected by brain injury – without you this couldn’t have been accomplished.
Tim came to BIA-MA in 2014 as a recently retired athletic director, a position he held for over 30 years, and high school football coach of 41 years.

His firsthand experience with students sustaining concussions and extensive knowledge on the aftermath and lasting effects of sports related TBI made him a perfect fit for the BIA-MA’s Survivor’s Voice program. Survivor’s Voice is a court-related program focusing on second offender OUI. He then ventured into facilitating our Brains At Risk and Gateway programs – both court-related victim impact panels.

Tim has presented over 250 programs and has reached over 10,000 individuals – educating participants on the importance of driving safe and linking dangerous driving to the devastating effects of traumatic brain injury.

Tim has a unique and engaging presenting style, and is the presenter that makes you feel empowered and part of the solution. He leaves each person with a responsibility to raise awareness of brain injury. He has been an extraordinary asset to the BIA-MA team. We are saddened to announce Tim's retirement in 2019 and wish him the very best as he moves on to begin traveling and enjoying the retirement life with his wife, children and grandchildren.

Laura MacFeeley joined the staff at BIA-MA in 2009 and in 2011 became the Educational Program Coordinator. In this capacity she was responsible for coordinating the delivery of BIA-MA educational programs. In 2017, due to her understanding of the population as well as her empathetic and patient manner, Laura assumed the role of Resource & Support Liaison.

As the Resource & Support Liaison, Laura is responsible for providing survivors and caregivers connections to brain injury resources in their community and opportunities to attend support groups and recreational events. Laura facilitates three of the BIA-MA support groups (Lowell, Concord, Haverhill), which provide brain injury survivors and their loved ones a forum for sharing and support. She is also responsible for coordinating the monthly arts & crafts programs as well as facilitating the recreational outings throughout Central Massachusetts.

Laura has always been very active in giving back as a volunteer with a number of organizations. “It is just natural for me to help others. I have a great deal of empathy for survivors and caregivers”, says Laura. “Caring for my mom and dad through their final days of cancer and Alzheimers helped develop an insight into the sacrifice that caregivers make.”

Laura’s husband Bill frequently donates his time and photographic expertise at various events. Laura and Bill live with their 12 year old Jack Russell Terrier, Crystal, and enjoy visiting their daughter Sheilagh and her husband Jordan.
HEALTHSOUTH BECOMES ENCOMPASS HEALTH

Standing Together

Beginning Jan. 1, 2019, HealthSouth hospitals in Massachusetts changed their name and brand as part of their management company's nationwide rebranding initiative. As Encompass Health Rehabilitation hospitals, the mission is to provide high-quality, post-acute care for patients overcoming a variety of major illnesses and injuries. One of the prominent conditions Encompass Health treats is acquired brain injury.

At Encompass Health Rehabilitation Hospital of New England, Encompass Health Rehabilitation Hospital of Braintree, Encompass Health Rehabilitation Hospital of Western Massachusetts and Fairlawn Rehabilitation Hospital, an affiliate of Encompass Health, our brain injury rehabilitation program includes establishing a therapy program based on individual and family needs, restoring the patient's abilities to maximum level of function, educating the patient and family on brain injury and the rehabilitation process, providing ongoing psychosocial support in a therapeutic environment and providing follow-up and referral to other resources to support the patient's continued recovery.

Because of the hospital's commitment to the treatment of acquired brain injury, we are excited to support the Brain Injury Association of Massachusetts as a 2019 Diamond Corporate Partner. The Brain Injury Association of Massachusetts' mission is to create a better future for all those affected by brain injury. The Encompass Health hospitals in Massachusetts are proud to stand beside the organization in their important mission.

Recovering From a Acquired Brain Injury

Brain Injuries are never expected.

Medical care is the first step in treatment and rehabilitation plays an important role in recovery. Brain injury rehabilitation requires an intricate and coordinated multidisciplinary approach to help patients regain the highest possible level of independence. A comprehensive rehabilitation program can improve many brain injury conditions, in some cases within a few days to a few months, in other cases therapy and recovery may continue for years.

Encompass Health Rehabilitation hospitals can provide acute/inpatient rehabilitation, outpatient therapy or home care. For more information, visit encompasshealth.com

BIA-MA is proud to partner with Encompass Health Rehabilitation Hospitals and is thankful for their continued support in the BIA-MA mission.

Various New England sites host prevention programing and support groups for BIA-MA:

- First Wednesday of each month – Post-Concussion Support Group at Fairlawn Rehabilitation Hospital (Worcester)
- First Thursday of each month – Brain injury Support Group for Survivors, Family and Caregivers at Encompass Health Rehab Hospital of Western, MA (Ludlow)
- Last Wednesday of each month – Fairlawn Brain Injury Caregiver Support Group at Fairlawn Rehabilitation Hospital (Worcester)
- Last Thursday of each month – Brain Injury Stroke Support Group/Family and Survivors at Encompass Health Rehab Hospital (Braintree)

For more information on upcoming activities please visit www.biama.org/eventsandactivities
In proud support

We proudly support the Brain Injury Association of Massachusetts.

Encompass Health
Rehabilitation Hospitals

Woburn • Braintree • Ludlow • Fairlawn
encompasshealth.com
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).
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.

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.
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
The Brain Injury Association of Massachusetts gratefully acknowledges the following gifts from our generous contributors received between October 1, 2018 and December 31, 2018.

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Marist College-Brain Injury Awareness Day
Rise and Adapt 5K
Upcoming BIA-MA Events

BIA-MA Annual Meeting               March 27, 2019

Annual Brain Injury Conference:
  Half-day pre-conference           March 27, 2019
  Full-day conference               March 28, 2019

2019 Golf Classic                  June 17, 2019

2019 Falmouth Road Race            August 18, 2019

Learn more at www.biama.org or call 508-475-0032

YOUR BIA-MA WINTER 2019 NEWSLETTER HAS ARRIVED!!