



HEADWAY

Brain Injury Association of Maryland Newsletter

SAVE THE DATE



• *Featured Artist: Bruce Ramsay (article on page 12)*

Brain Injury Association of Maryland's (BIAMD)

**11th Annual Scarecrow Classic
5K Run and 1 Mile Walk is almost
here!**

Sunday, October 2, 2016

University of Maryland
Baltimore County
1000 Hilltop Circle
Baltimore, MD 21250

*For more information or questions about registration, please contact us at
410.448.2924/800.221.6443 or visit us at www.biamd.org*

Inside This Issue:

Welcoming Messages and Membership.....	2
Brain Injury Awareness Day and Month Recap.....	3
2016 Brain Injury Conference.....	4-5
Frances Bateson-Dexter Award, and Organizational Leadership Award.....	6
Partnership for Independence Awards	7-8
Stike-It-Big	9
Survivor Wear, Inc. and Volunteer Information.....	10
Physicians Seminar	
Featured Artist, and TBI Advisory Board Information	12
New to Brain Injury?	13
Resource Information, BIAMD Board, Frances Fund, and Advertising.....	14
Support Group Information.....	15

BIAMD Officers and Staff

Deb Youngquist
President

Sharon Christie
Vice President

Dave Scallion
Treasurer

Christine Shenot
Secretary

Bryan Pugh
Executive Director

Dawn Roher
Clinical Resource Manager

Caitlin Exline Starr
Clinical Resource Coordinator

Alicia Cignatta
Outreach Coordinator

Message from the Executive Director

“Summertime, and the livin’ is easy” - George Gershwin from ‘Porgy and Bess’

While I’m not so sure about the easy livin’ part, there sure is something about summer that really makes me smile. Perhaps, as a transplanted Floridian living in Maryland, the return to the longer, sunnier, hotter, muggier and bugger days rekindles feelings and memories from my youth. Maybe it’s the return of phrases like, “it’s not the heat, it’s the humidity”, “hot as blue blazes”, “hot enough to fry an egg on the sidewalk” that haven’t been part of public discourse since last August. Or maybe, the smells of barbecue smoke wafting through the backyard or the pungent odor of sparklers and bottle rockets. Or simply, the prospect of going on vacation and being able to “take time off” and “get away”.

The double edged sword of the longer days, improved weather and time off from school and work, is that there is a significant spike of emergency room visits many of which involve a brain injury. Last summer, MD online magazine listed the “12 Top Reasons for Summer ER Visits” looking a data exploring the 15-27% spike in ER visits every summer. The Top 12 included many of top causes of brain injury including Falls, Gunshot wounds, Amusement Ride-related Injuries, “Trampoline Traumas”, Motor Vehicle Accidents (ATV, Motorcycle, Dirt Bike), and Bicycle Injuries. Although not directly cited in the article, it is implied most of the injuries on this list a preventable and all of them can produce traumatic life-altering injuries. Anyone who has received a brain injury as a result of one of the reasons on this list would agree.

One of the Brain Injury Association of Maryland’s primary missions is Prevention through Education. We are all about supporting an active, healthy lifestyle full of adventure, exploration, and exercise. But we also want to remind everyone, that you can have all the fun the season brings and still be safe.

- If there is a helmet for your activity, wear it.
- If there are rules for your game, follow them.
- If you are in a group, keep an eye on one another.
- Know the signs of heat stroke, concussion, and stroke.
- And, when in doubt, seek appropriate medical care.

Summers can be magical, transformational times in the lives of Marylanders. We encourage you to make the most of the longer, warmer days, but do it in a way that creates happy memories that last a lifetime rather than a tragic memory that alters the rest of your life.

We hope you enjoy your summer, and this new issue of Headway letting you know what we are about, what we’ve been up to, and what we are looking forward to this summer and beyond.

Keep in touch,
Bryan Thomas Pugh
Executive Director

BIAMD Membership: Renew or Join!

The Brain Injury Association of Maryland relies on your membership dues and donations to assist in the execution of our special projects and to assist families and survivors. If you have not yet joined, we strongly urge you to do so! It is important that individuals with brain injuries, their families, and the professionals in the field all work together to develop services, legislation, and support systems. Please remember, we cannot do this without your help!

To renew or join, please contact Bryan Pugh at:
410.448.2924 or 1.800.221.6443 or online at: www.biamd.org

The Brain Injury Association of Maryland BIAMD, a non-profit 501©3, and membership based organization
All contributions are tax deductible

Recap: Brain Injury Awareness Month

March 2016



The theme for the 2016 Maryland awareness month campaign was :

Make Brain Injury Visible.

BIAMD has always been and will continue to be dedicated to [Making Brain Injury Visible](#). Throughout brain injury awareness month, BIAMD worked on educating the general public about the incidence of brain injury and the needs of individuals who have been injured and their families. BIAMD did this through Brain Injury Awareness Day in Annapolis (see below), educational opportunities (Annual Conference), giving presentations at hospitals and subacute facilities, connecting through social media (Facebook and Twitter), and of course connecting with professionals, family members, caregivers, and individuals who have been effected by brain injury.

Thank you to all of who participated in the Brain Injury Awareness Month Campaign of [Making Brain Injury Visible](#). We hope Marylanders will continue to show their care and support for this movement throughout the entire year! If you are interested in finding out how to get yourself, or your team involved in Brain Injury Awareness Month 2017 to support the BIAMD please contact us at: info@biamd.org.

Brain Injury Awareness Day in Annapolis

On March 9th, the BIAMD traveled to Annapolis to advocate for the brain injury community. According to The Maryland State Traumatic Brain Injury (TBI) Advisory Report, 706 Marylanders died as a result of a TBI; over 5,000 Marylanders were hospitalized as a result of a TBI, and there were over 38,000 Emergency Department visits in Maryland for TBI-related injuries. These statistics demonstrate the importance of the annual [Brain Injury Awareness Day in Annapolis](#) to meet with our State Legislators to advocate for those affected by brain injury. Armed with the The Maryland State Traumatic Brain Injury Advisory 2015 Annual Report, the BIAMD, our Board Members, and members of the community who have been effected by brain injury were able to meet with lawmakers to discuss the issues and concerns about services for individuals who have sustained brain injuries. Many members of the community were able to meet with their own representatives to discuss the The Maryland State Traumatic Brain Injury Board Report, as well as their concerns. A very special thank you goes to Terry Kirtz, BIAMD Board Member, for connecting the BIAMD and TBI Advisory Board to Delegate Jeffery Waldstreicher's office. Terry worked diligently with Legislative Director, Dwayne Rager, to reserve the room and assist with connecting with other House Delegates to ensure Brain Injury Awareness Day was successful. Thank you to everyone who participated in the Maryland's Annual Brain Injury Awareness Day! It was one of the most successful awareness days to date!

If you are interested in obtaining a The Maryland State Traumatic Brain Injury Advisory Report or participating in next year's Annual Brain Injury Awareness Day, please contact the BIAMD at:
info@biamd.org.

BIAMD 29th Annual Educational Conference



It was a very happy March, Brain Injury Awareness Month, for the BIAMD this year! On March 23rd and 24th, BIAMD held the 28th Annual Conference (the Conference) which reached approximately 400 professionals, family members, caregivers, and survivors. The Conference held 40 break-out sessions that included topics such as: Navigating Impaired Awareness after an Acquired Brain Injury, Victims of Intimate Partner Violence and Traumatic Brain Injury, Caregiver Fatigue after Traumatic Brain Injury, and Epilepsy and Brain Injury. These topics, and more, provided everyone who attended with additional knowledge and understanding of brain injury by exploring multiple different aspects of brain injury.

Keynote Speakers at the Conference included: Dr. Michael Yochelson, Vice President of Medical Affairs and Chief Medical Officer for the MedStar National Rehabilitation Network, Abby Maslin, elementary school teacher, author, and wife of an individual who sustained a brain injury, Marian Vessels, Director of the Mid-Atlantic Americans with Disabilities Act (ADA) Center, and David Grant, author and brain injury survivor. Dr. Michael Yochelson presented on the evolution of brain injury policies, both current and proposed. He also touched on recent research and findings in the areas of brain injury recovery, brain injury rehabilitation, and employment after brain injury. Abby Maslin provided a fascinating presentation on learning to adopt an attitude of resilience became an essential step in the process of accepting the new normal, and ultimately, in finding empowerment. Marian Vessels discussed the ADA, its history, and the implications of the legislation moving forward. She discussed how this law can be used to create a more inclusive environment for all through practical action items. David Grant, in the closing keynote speech passionately discussed the challenges presented by conflicting outcome predictions by members of the medical and professional community. He also emphasized the compensatory strategies that helped him move forward.

BIAMD's Conference was funded through the generous donations of amazing sponsors (listed on the next page). BIAMD greatly appreciates the support of the sponsors, and the resources they provide. We would also like to thank the conference planning committee, the attendees, the speakers and all of the exhibitors. Finally, we extend a very special thank you to Marie Cignatta, our silent auction chair who helped us raise almost \$5,000 in 2016! Marie stepped down from our planning committee following the Conference. She will be greatly missed. It is because of you, our generous donors, volunteers, committee members, and attendees, we are able to present quality programming year after year.

Thank You to Our Conference Sponsors!

Platinum Level



**MedStar National
Rehabilitation Network**

Gold Level

Kennedy Krieger Institute
Sheppard Pratt Health System
State of Maryland Interagency Resources

Silver Level

Fick & May
Mary T. Maryland
NeuroRestorative
University of Maryland
Rehabilitation and Orthopaedic Institute

Bronze Level

FutureCare Health
HIRRS
The Sandra and Malcolm Berman Brain & Spine
Institute
The Johns Hopkins Brain Rehabilitation Program
Western Maryland Hospital Center

Emerald Level

Learning Services
Adventist Healthcare Physical Health & Rehabilitation
Constant Therapy
Elizabeth Cooney Care Network
Elville and Associates
MindBrainAwareness.com

Mt. Washington Pediatric Hospital
ReMed
Right At Home
Sharon Christie Law
Transitions Healthcare—Sykesville

Public Service Vendors

CMSA of The Chesapeake
Office of the Attorney General, Consumer Protection
Division
Maryland Relay
Maryland State Department of Education
Maryland Insurance Administration

Education Sponsor

Maryland State Department of Education,
Division of Special Education - Early Intervention
Services



Special thanks to the following for generous donations

to the Frances Bateson-Dexter Educational Scholarship Fund (the Frances Fund):

ALCO Pharmacy, The Pile Family, John Dexter, The Posner-Wallace Foundation, Leslie Wenger, Rose Neuben

Frances Bateson-Dexter Award

In appreciation of their dedication to and support of the work of the
Brain Injury Association of Maryland.

Kim and Kevin Pile



Kevin Pile, Kim Pile, and
Bryan Pugh (Executive Director)

In 2009, while working for the Anne Arundel Fire Department, Fire Fighter Kevin Pile was struck in the head by a compartment door while unloading equipment. Since Kevin's tragic injury, Kevin and his wife Kim and been a mainstay at all of BIAMD's important events. From loading and unloading thousands of pounds of ice and water for a 100-mile bike challenge, to stuffing and re-stuffing over 400 conference bags, the Piles are always there. Always a smile, no matter the hour, Kim and Kevin give back to Maryland's brain injury community. Kim also actively participates in her workplace's volunteer matching program, where her volunteer hours are converted to a donation on her behalf. Kim has donated hundreds and hundreds of dollars this way by converting her volunteer hours she has already 'given.' Giving back and paying forward are both characteristics that make the Piles so special and so important to the work of BIAMD. BIAMD has been honored to have Kim and Kevin as a part of our extended family. In March of this year, at BIAMD's Annual Conference, BIAMD honored the Piles with the Frances Bateson-Dexter Award, named after the BIAMD member who was the organization's longest-serving executive director and a champion for those with brain injuries. This award is in recognition of Kim and Kevin Pile's support of BIAMD, and the couple's passion for serving Maryland's brain injury community.

Organizational Leadership Award

In appreciation of an organization's dedication to and support of the work of the
Brain Injury Association of Maryland.



Rachel Guilfoyle, Kim Drake, Ian Rowe,
and Bryan Pugh (Executive Director)

Transitions Healthcare - Sykesville

After recognizing a critical lack of skilled nursing care facilities able to treat and support individuals with brain injuries, Transitions Healthcare created its Brain Injury Rehabilitation and Recovery Program on its Sykesville campus. This was a bold move to offer comprehensive rehabilitative services specifically geared towards individuals with traumatic brain injury, stroke, encephalitis, anoxia, and tumors. The first (and currently only) program of its kind in Maryland utilizes a multi-disciplinary team of physicians, nurses, social workers, psychologists, psychiatrists, dieticians, wound care specialists, and therapists. These dedicated professionals work to rebuild the cognitive, physical and emotional strength of individuals with brain injuries.

In addition to serving their patients with this innovative approach, Transitions Healthcare – Sykesville also launched a new monthly brain injury support group, Mind Matters, geared towards the issues of individuals with brain injuries and their families. This support group's mission is to provide education, emotional support, and community resources to survivors of brain injury as well as their families and caregivers. Each month the group features a different topic and/or guest speaker related to brain injury. Finally, the staff at Transitions Healthcare – Sykesville, led by Administrator Kim Drake, Marketing and Clinical Liaison Ian Rohe, and Rehabilitation Director Rachel Guilfoyle, have been instrumental in supporting and sponsoring the initiatives and events of the BIAMD, including the Eat-a-Peach Bike Challenge, the Scarecrow 5K, and BIAMD's Annual Conference.

For their pioneering efforts in the service of Marylanders with brain injury, and their partnering spirit towards the BIAMD, Transitions Healthcare – Sykesville was awarded the 2016 Brain Injury Association of Maryland Organizational Leadership Award in a special presentation ceremony during BIAMD's Annual Conference in March.

Partnership for Independence Award Winners

Presented in recognition of people who have made contributions to improving the quality of life for individuals with brain injury.

Below are the words of the individuals who nominated the winners, summarized from their speeches.

Individual who has sustained a brain injury: Sean Pennington



Martin Kerrigan (Nominator), Sean Pennington, and Bryan Pugh (Executive Director)

Sean was injured while he in an automobile accident, while he was a passenger. The injury was severe and the prognosis negative. Sean also acknowledges that he was not making the best choices in life at the time of his accident. Sean dealt with issues of anger and frustration in acclimating to his new life. It was long after, while Sean was at Mary T. Maryland (a Brain Injury Waiver Provider), he realized that he had a choice to make about his life. He could just “go along with it” or he could change his life for the better. Sean opted to change his life. This change hasn’t always been easy or as quick as Sean would have liked. He decided to get clean and sober and started attending Narcotics Anonymous meetings.

He got a job at Mary T. and consistently performed his job with satisfaction and pride. Sean has also returned to college and taking classes. Two years ago, Sean went to work outside of Mary T. and he has already been given more responsibilities and more hours. Sean’s work ethic and his performance on the job speak for themselves. Sean has also taken on the responsibility of helping to run a weekly 12 step meeting that is geared towards helping individuals who have substance use issues and brain injuries. Sean is a great mentor to others at Mary T. He has grown into a compassionate and patient individual with a strong desire to continue to grow and develop into the best possible person he can be. It is safe to say that most of us could probably learn valuable lessons just by watching Sean live his life.

A family member/partner/or friend of an individual with a brain injury: Leslie Wenger



Caitlin Starr (Nominator), Leslie Wenger, and Bryan Pugh (Executive Director)

Leslie Wenger is a social worker, amazing friend, and a guardian angel/caregiver. Her parents, Elaine and Joe have provided superhuman care for their son Joey (Leslie’s brother), since his injuries in the 1980’s. Leslie’s mother Elaine says that Leslie has been actively involved in Joey’s care since his original injury occurred (while Leslie was in high school).

Often Leslie provides assistance to her parents by having Joey stay for a night or two at her house, taking him to Ocean City for the weekend, and giving her parents a break. She accompanies Joey to all of his doctor’s appointments and stays with him when he must be admitted to the hospital, stays which sometimes last for several days. Leslie’s assistance is invaluable given her medical knowledge, background and experience. She performs all of a caregiver’s duties: talking him for rides, transferring him, making sure he is engaged in various social situations that surround him, taking him to movies, ball games, you name it! She also helps with maintaining his physical wellbeing through exercises, and assists with his communication needs. Leslie is married and has her own family. However, she always finds the time to be available for her brother’s and parent’s needs.

When I spoke to a few friends and family members, they all said the same thing... Leslie is one of the nicest, most talented, and gifted people they know, and there is no way they could have gotten through the past 30 years without her.

Partnership for Independence Award Winners

A healthcare professional who has made a significant or courageous contribution to the brain injury community or their patients: Terri Bishoff-McDonald



Caitlin Starr (Nominator), Terri Bishoff-McDonald, and Bryan Pugh (Executive Director)

Terri Bishoff-McDonald is a social worker in the Baltimore Area with Kennedy Krieger. She is an individual who truly embodies what it is to be a social worker. The National Association of Social Workers defines a social worker as: “someone who uses their knowledge and skills to provide social services for clients (who may be individuals, families, groups, communities, organizations, or society in general). Social workers help people increase their capacities for problem solving and coping, and help individuals obtain needed resources, facilitate interactions between individuals, between people and their environments, make organizations responsible to people, and influence social policies. Social workers may work directly with clients addressing individual, family and community issues, or they may work at a systematic level on regulations and policy development, or as administrators and planners of large social service systems.”

Terri is someone who doesn't do things like helping with applications, accompanying people to appointments, or actively making sure people are getting the resources to fit their for her own self-aggrandizement. She does it because it is the right thing to do. Everyone who was spoken to said she is nothing short of amazing. She helps coordinate care and seamless transitions from program to program. Besides being a fierce advocate and social worker, Terri is also an extremely active member on BIAMD's board. She consistently comes early to our events, and leaves late. She also brings her children and friends along to help out as well. Terri helps pick up the last minute necessities, and brings items to donate to BIAMD events. She also provides support to BIAMD by connecting families, contributing ideas for possible new resources, and endorsing the BIAMD in the community. Terri has amazing dedication and a drive to help individuals family members, and professionals effected by brain injury.

A supporter or advocate who has made a contribution to Maryland's brain injury community in his or her official capacity or through work: Tom Wilkinson



Martin Kerrigan (Nominator), Tom Wilkinson, and Bryan Pugh (Executive Director)

According to the Merriam-Webster dictionary, an advocate is one that pleads the cause of another, one that defends or maintains a cause or proposal, and one that supports or promotes the interests of another. Tom has worked in the field of brain injury for a long time. He has worked as an employment specialist, as the director of a day program; and in his current position he works with veterans living with the effects of brain injury. However, Tom is best known in his role as facilitator of the Shady Grove Brain Injury Support Group. It is very difficult to start a support group and sometimes more difficult to keep it going. Not only does the Shady Grove group keep going, it also keeps growing. Many times you will hear group members talk about how the support group has been such a positive influence in their lives and about how much they look forward to going to the meetings.

Tom also has a way in which he makes each member of the group feel valued and an integral part of the group, even if the person does not contribute to the overall group discussion. Tom has a very unique skill in that he can sense when someone has issues or concerns. Tom is masterful in interacting with the group and with family members and loved ones. One of his favorite mantras to the group is “you are a person with a brain injury, not a brain injured person.” If you were to attend one of the Shady Grove support group meetings you might get the impression that Tom is a rock star or a celebrity because people are constantly waiting to talk to him. This is the case because of the wealth of information and knowledge that Tom has regarding brain injury, as well as the compassion that Tom shows. He makes you feel values and he treats you like a human being, not like a patient or someone who needs help.

3rd Annual STRIKE-IT-BIG!



Starting off the Summer of 2016 right, BIAMD hosted the 3rd Annual Strike-It-Big, which was held on May, 14th, 2016 at AMF Pikesville Lanes. After a bright morning, the skies darkened, but the rain did not dampen anyone's spirits at this fun event! Nor did the rain stop the 10 volunteers or the 200 individuals who came out to support the BIAMD. Even with the rain, nearly all 40 lanes were sold out!

There were other activities for those who decided not to bowl. Between the arcade games, pizza, and door prizes, (which were awarded to many lucky individuals), there was only fun to be had! Door prizes included a Vera Bradley backpack, a Camelback backpack, a July 4th Gift Basket, a Day at the Races and so much more!

Through our amazing sponsors and fantastic door prizes, the BIAMD was able to raise nearly \$3,000. BIAMD would like to thank all of our sponsors for their generous support, and our amazing planning committee which worked so diligently to make this event a huge success! Keep an eye out for updates, and the BIAMD hopes to see you again next year!



Let the fun begin!



So many wonderful door prizes!



Team Falcon representing at the event!

Thank You STRIKE-IT-BIG Sponsors!


SINAI HOSPITAL
a LifeBridge Health center
Rehabilitation Center

*The Liddell
Foundation*

Survivor Wear, Inc. Gives Back!

Survivor Wear, Inc. Donates \$1000!



Bryan Pugh (Executive Director)
and Teresa Rigby-Menendez

Teresa Rigby-Menendez, a retired Baltimore City Police Officer, dropped by the BIAMD Office on March 24th (the day before the Annual Conference) to present a BIG CHECK! Teresa was injured while she was assisting a motorist on I-83 when an oncoming vehicle lost control and hit her stopped patrol car. That accident caused her service vehicle to be pushed into her,

causing her to fall down a 30-foot drop. Since the accident in 2011, she has taken medical retirement from the police force, and has opened her own business, Survivor Wear, Inc. Her business produces hats, bags, shirts, and other clothing items all sporting her distinctive I-83 Survivor Wear logo.

In addition to speaking at our Annual Conference in 2015 and volunteering at many of our outreach events, Teresa has generously given the Brain Injury Association BIG CHECKS over the past two years from proceeds of Survivor Wear Sales. Her last big check was \$800. This year she presented us with a big check for \$1,000. Thank you Teresa for all of your work, time, dedication, and donations to BIAMD.

Volunteers Needed!

Interested in getting involved? BIAMD is always looking for volunteers for our upcoming events. With the 11th Annual Scarecrow 5K Run/1 mile walk fast approaching, we are currently looking for volunteers!

If you are interested in volunteering or for more information about how to get involved, **please contact:**

Dawn Roher
roher@biamd.org
410-448-2924 (x1002)





UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

INVITES YOU TO ATTEND

Treating Brain Injury: What Your Patients Want You to Know

Saturday, September 24, 2016

OR

Saturday, November 12, 2016

9:00 AM – 3:00 PM

University of Maryland Rehabilitation & Orthopaedic Institute
Flynn Conference Room A, B & C
2200 Kernan Drive
Baltimore, MD 21207

Topics

**Diagnosis *How to communicate medical information effectively *Confabulation
*How to advocate for your patient *Spasticity *Resources for brain injury
Health Information Exchange, CRISP

Eugenio Rocksmith, M.D.

Course Director

Register Online:

For September 24th: <http://cmetracker.net/UMD/Login?Formname=RegLoginLive&eventID=15580>

For November 12th: <http://cmetracker.net/UMD/Login?Formname=RegLoginLive&eventID=15581>

Fee: \$40

Lunch will be provided

For immediate information, please contact Kara Keller at 410-371-7117

Accreditation:

The University of Maryland School Of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Statement:

The University of Maryland School Of Medicine designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Featured Artist: Bruce H. Ramsay

My name is Bruce H. Ramsay, and I began painting after suffering a Traumatic Brain Injury (TBI) in June 2004. At the time, I was a physical scientist at the National Oceanic and Atmospheric Administration (NOAA). I was in a coma for five weeks and spent six months in three different hospitals, but after a year I was fortunate to be able to go back to work at NOAA. However, I was unable to perform as I had as a physical scientist, and so retired on disability in May, 2010. At times I feel like I have no control over some things. I think it's because I can't remember portions of my life, and I can't get those experiences back. Painting provides a vast number of options regarding the techniques you pick and the objects you choose to paint. You're in control of these choices including how well you compose and paint the final canvas. Painting makes me happy, and makes me feel like I am making a difference in my own and other people's lives.

I use acrylic on canvas, paper, or wood, and my paintings feature natural environments and architectural wonders of the world, but I especially enjoy painting birds in their native habitat. I believe in myself. I can communicate the need for everyone on Planet Earth to be responsible in how they use the Earth's resources and care for all species. It makes me feel like I am doing something important when I apply myself to create my own scene of 'climatological alerts' or endangered species art.

I have been self-employed as an artist since 2006, and have had the exhibits and sales at: the Art Ability Show at the Bryn Mawr Rehabilitation Hospital, Brain Injury Association of Maryland, Brain Injury Association of DC, and where I live in Takoma Park, Maryland. I participate nationwide in Artists in Cellophane Program (www.artomat.com), and have a website for art display and sales (www.TBI-Art.com)



Bruce Ramsay with his paintings



Canadian Goose, 2013



Barred Owl, 2015

Governor's Maryland Traumatic Brain Injury Advisory Board

Appointed by the Governor to fulfill the mission of identifying needs, gaps in services, and potential funding resources by building relationships and collaborating with elected officials and heads of State Agencies that will influence policy, promote prevention, education and effective interventions that impact outcomes in order to support recovery and quality of life for every Marylander affected by brain injury.

There are currently positions open on the Governor's Board, which are open to individuals living with brain injuries, and family members. If you are interested, please contact:

Stefani O'Dea
stefani.odea@maryland.gov
or (410)-402-8476

TBI Advisory Board meetings are open to the public, and the next meeting will be held:

September 21, 2016
at Maryland Department of Transportation - 7301 Corporate Center Drive, Hanover, MD 21076
1:00pm - 3:00pm

New to Working with Brain Injury?

Are you seeing more individuals with brain injury coming into your program/placement? Are you interested in your staff learning more about working with individuals living with brain injury?

The Behavioral Health Administration and Brain Injury Association of Maryland work together to provide Traumatic Brain Injury Projects Trainings. Topics can vary depending on your organizations needs, and presentations may be customized to meet audience's needs in terms of both topics covered and length of training (one hour to full day).

Some topics include:

- Person Centered Planning
- TBI and Substance Abuse
- TBI Overview for Human Service Providers
- TBI Overview for Employers of Returning Service Members
- Strategies and Screening for TBI
- TBI Overview & Behavior
- Vocational Issues After Brain Injury
- For Service Members, mTBI Overview
- Older Adults and TBI
- TBI and Children
- TBI Overview for Domestic Violence Professionals
- TBI Overview for Police, Sheriffs and Correctional Officers
- Quick TBI Overview for Judges and Attorneys
- Trauma Informed Care Overview for Brain Injury Professionals

Some of the training seminars held in 2015

- TBI Overview for Law Enforcement
- Introduction to Trauma-Informed Care: A Brief Overview for Brain Injury Professionals and Programs
- TBI Overview
- TBI Overview for Behavioral Health Professionals
- TBI and Returning Service Members
- TBI and Substance Use
- Traumatic Brain Injury: Supports for Workplace Success
- Brain Injury: An Often Hidden Disability

If you are interested in having BIAMD conduct a training seminar for your organization, contact:

Dawn Roher
roher@biamd.org
410-448-2924 (x1002)

Interested in Advertising?

You can now have your company's name in our newsletter through advertising or sponsorship!

For information on how to advertise through a quarter page, half page, or full page ad contact:

Bryan Pugh
410-448-2924
info@biamd.org

Please contact Bryan if you are interested in learning about your sponsorship information and ad sizing!

BIAMD Board of Directors

Deborah Youngquist - President

Sharon Christie - Vice President

Christine Shenot - Secretary

Dave Scallion - Treasurer

Matt Lily - Board Liaison

Terri Bishoff-McDonald

Joan Carney

Denise Epps

Pam Hawkins

Terry Kirtz

Jamie McElwee

Karen Memphis

Dan Sullivan

Lisa Wardle

Jean Wilson

Elena Tuerk

Frances Bateson-Dexter Scholarship Fund

Consider making a contribution to the Frances Bateson-Dexter Scholarship Fund. The Fund provides scholarships to individuals with brain injuries in financial need who wish to attend BIAMD's Annual Conference. Many individuals and family members are unable to attend because of the cost.

Any donation to the "Frances Fund" is greatly appreciated and will be acknowledged in BIAMD's Annual Conference program.

Need More Information on Resources in Your Area?

The Brain Injury Association of Maryland is dedicated to improving the lives and futures of Marylanders affected by brain injury. BIAMD has grown to become the premier source of information, education, advocacy, and hope for the brain injured community in Maryland. We have two clinical resource staff members, Dawn Roher and Caitlin Starr, who will be able to connect you with resources that fit your needs. Please contact us with any questions, comments, or needs you may have!

Contact Information:

Dawn Roher
Clinical Resource Manager
roher@biamd.org
410-448-2924 (x1002)

Caitlin Starr
Clinical Resource Coordinator
starr@biamd.org
410-448-2924 (x1004)

Statewide Brain Injury Support Groups

BALTIMORE

Brain Injury Support Group

UM Rehab & Ortho Institute
(formerly named Kernan Hosp)
Baltimore
1st Monday, 6:30p – 8:00p
Candace Rebeck, (410) 448-6303
crebeck@kernan.umm.edu

Caregivers Support Group

UM Rehab & Ortho Institute,
Baltimore
4th Tuesday, 6:00p – 7:00p
Gwen Alexander, (410) 448-6311

Stroke Support Group

UM Rehab & Ortho Institute, Baltimore
Meets monthly 10:00a – Noon
Pam Cauley (410) 448-6320
Call for the monthly calendar

Sinai RETURN! Brain Injury Support Group

Sinai Hospital - Schoeneman Bldg
Baltimore
3rd Tuesday, 7:00p – 8:30p
Lauren Smenton, (410)-601-6080
lsmenton@lifebridgehealth.org

Brain Injury Support Group for Families and Caregivers

Mt. Washington Pediatric Hospital
Every Friday 10:00 am – 11:00 am
Call (410)578-5080

EASTERN SHORE AREA

Salisbury Support Group for survivors, caregivers, families and friends

Chesapeake Rehab Hospital, Salisbury
2nd Tuesday, 6:00p
Dr. Glen Brooks (410) 546-4600 or
(800)938-4600
Anne Clay (410) 742-2820

WASHINGTON DC AREA

BIADC Support Group

National Rehab Hospital, DC
3rd Wed., 5:30p – 7:30p
Ellen Ramsay (BIA of DC)
(301)641- 4793
Carol Bartlett (NRH) (202) 877-1642
ellenwramsay@verizon.net
carol.b.bartlett@medstar.net

WASHINGTON DC AREA

Young Stroke Group (20's – 60's)

Bethesda/Rockville area
1st & 3rd Fridays, 10:30a – Noon
Susan Emery (301)792-0781
susan@circleofrights.org

Rockville Brain Injury Support Group

Adventist Rehab Hospital
Rockville, MD
2nd & 4th Thursdays, 6:30p – 7:30p
Tom Wilkinson (240)-498-3981
evolvabi@gmail.com

Breakfast AA Beginner's Meeting

HIRRS in Rockville, MD
11 Taft Court, Suite 100
Rockville, MD
Every Friday 9:30am – 10:30am
Rudy Washington (240) 600-4535
rudolphf67@gmail.com

The John "Jack" Godfrey Brain Injury Support Group at Prince George's

Family Health and Wellness Center of
Cheverly
Spellman Conference Room, 1st Floor
2nd Tuesday, 6:00pm -7:00pm
Dawn Moreland, (301)-618-2364
dawn.moreland@dimensionshealth.org

WESTERN AREA

Mind Matters Support Group for Survivors and Caregivers

Transitions Healthcare Sykesville
Sykesville, MD
4th Wednesday, 7:00pm
Rachel Guilfoyle, (410)-795-1100
rguilfoyle@transitionshealthcarellc.com

Headway Support Group

Western Maryland Hospital Center
Hagerstown, MD
4th Monday, 3:00p
Annie Thrift, (301) 745-4548
annie.thrift@maryland.gov

Frederick TBI Support Group for Survivors; Family & Friends invited

Arc of Frederick Co., Frederick, MD
1st Thursday, 6:30p – 7:30p
Anjela McNally (301) 663-0909 x153
amcnally@arcfc.org

NORTHERN AREA

Caregivers Support Group

Union Hospital, Adult Daycare Center
3rd Wednesday, 4:00p – 5:00p
Jakie Pugh (410) 392-0539

SOUTHERN AREA

Charles Co. Brain Injury Support Group

Spring Dell Center
La Plata, MD
2nd Thurs. of each month at 6:30 pm
All meetings held in the Spring Dell Center
conference room at the Radio Station Rd.
location
Tina Sheff
(301) 934-4561
tsheff@springdellcenter.org

CENTRAL AREA

Anne Arundel County Brain Injury Support Group

LifeQuest – Mary T. Maryland
Severna Park, MD
3rd Tuesday, 7:00p – 8:30p
Debbie Cottrill (410) 320-8948
senjidog@verizon.net

Fresh Start Meeting of Alcoholics Anonymous

An open 12 step mtg geared to individuals
living with brain injury & substance abuse
Mary T. Maryland, Severna Park
Wednesday evenings, 6 p.m.
Martin (443) 756-3419 or
Jennifer (443) 481-0317
Mwkerri1@hotmail.com

ONLINE SUPPORT GROUPS

www.dailystrength.org/c/Brain-Injury/support-group

www.traumaticbraininjuryforum.com

www.tbnet.org/support1.htm

The Knockout Project – an online Youth athlete concussion support group
<http://theknockoutproject.org/wp/>

Please call the contact person before attending your first support group meeting. Groups may occasionally change a meeting time or location. Thank you!



**BRAIN INJURY
ASSOCIATION**
OF MARYLAND

2200 Kernan Drive
Baltimore, MD 21207



5K RUN



1-MILE WALK/ROLL

2016 ANNUAL SCARECROW CLASSIC

Sunday, October 2nd, 2016

**The Maryland brain injury
awareness event!**



**BRAIN INJURY
ASSOCIATION**
OF MARYLAND

**University of Maryland
Baltimore County
1000 Hilltop Circle
Baltimore, MD 21250**

**For more information visit us at: www.biamd.org or
contact us at: 1.800.221.2924**