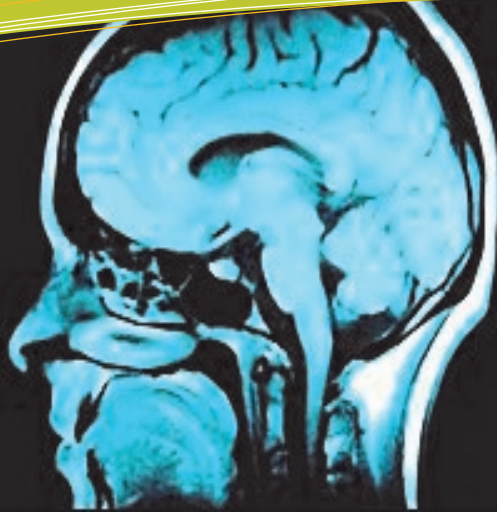


JUNE 2010



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BIAI CENTRAL OFFICE
1829 Cunningham Rd.
PO BOX 24167
Indianapolis, IN 46224
317-356-7722 ph
317-481-1825 fax
www.biausa.org/Indiana/index

Advocacy on MTV

MTV's hit series, True Life "I Have a Traumatic Brain Injury" documented three survivors of TBI. After the original airing of this episode, blogs were on fire with survivors and caregivers sharing their stories. Check out the full episode on MTV.com and be sure to read additional comments posted.



BIAI MID-YEAR UPDATE

Submitted by Ann Ninness, Executive Director

The first six months of the year have been busy and productive! BIAI Board Members, Committees, Support Group Leaders and staff have been working hard on many directives:

- Updating and implementing the 2010-2012 Strategic Plan which includes:
 - Improving services to support groups and growing the number of support groups in the state. Support Group Leaders from around the state gathered in March to network and share information.
 - Organizing the Local Support Network Process.
 - Working behind the scenes on a new and better BIAI website.
 - Revising and producing BIAI print materials.
 - Planning the 2010 Fall Conference and Save the Noggin event.
 - Increasing awareness by promoting BIAI at events and health fairs.
- Updating the BIAI Bylaws as a guiding document for building Association Policies and Procedures.

The number of calls BIAI receives from caregivers and survivors every week is astounding. It is proof that more resources are desperately needed in Indiana. This is an exciting time for growth with many new opportunities to serve. Please remember to support BIAI in every way possible -- donations, sponsorship, membership or volunteering. It makes a difference.

Go to www.biausa.org/Indiana or call BIAI Central Office at 317-356-7722.

Have a great summer!

Ann Ninness, Executive Director



COMMITTEE NEWS AND UPDATES

LOCAL SUPPORT NETWORKS

Development of the Local Support Networks is well underway. As year two of the current four year HRSA Grant has begun the LSNs are in a new stage of development to reflect their four core areas. Central to all LSNs are Support, Education, Resource Access, and Resource Facilitation. Strengthening of Support Groups, organization of educational opportunities, creation of an access point for resources, and the service of Resource Facilitation are all occurring.

EDUCATION

SAVE THE DATE FOR FALL CONFERENCE 2010 - October 13th - 15th

The annual fall education conference is only months away!! This year there will be another opportunity for attendees to participate in a training session and certification opportunity to become a Certified Brain Injury Specialist through the American Academy of Certified Brain Injury Specialists. In a unique twist this year there will be a golf outing preceding the conference. On Wednesday afternoon you will have an opportunity to relax and enjoy some golf while supporting the Association. The conference will bring you an opportunity to hear speakers from Indiana, Ohio and Virginia. Topics will include return to work issues, barriers to recovery, goal setting, assistive technology, survivor stigma, and pharmacologic intervention for behavior and cognition. An advocacy training session will also be offered at the conference as the Association looks to expand its advocacy efforts. There will be opportunities to interact with exhibitors, participate in a silent auction, meet many of the new members of the Board of Directors, and to learn more about what is going on around the state with respect to brain injury. We hope to see you there!

SUPPORT GROUPS

In April, Support Group Committee Co-Chairs Deidre Moore, CCC-SLP and Mary Osting, CCC-SLP invited Support Group Leaders from around the state to meet in Indianapolis to network, share tips for success, and plan for the future. With over 20 individuals participating, a great day was had by all. Dr. Lance Trexler, Chairperson of the Board of Directors and Ann Ninness, Executive Director shared information about the association, new initiatives and projects. One of the outcomes will be the development of “toolboxes” for each Support Group. Toolboxes (also called “meeting in a box”) will include ideas for future meetings, DVD's, speakers, books and other valuable resources. The next Support Group Leader meeting is scheduled for July 24th. We hope everyone can make it!

FUNDRAISING

FUNDRAISING EFFORTS WILL SOON BE UNDERWAY to raise money for Support Group Toolboxes. Input received from Support Group Leaders has been very helpful in determining group needs with the “toolbox” being at the top of the list. The Fundraising committee along with BIAI Central Office has begun putting together the group toolbox to present at the July Support Group Leader Meeting.

SAVE THE DATE!

Plans are well underway for the Annual Save the Noggin Bike Ride scheduled for September 25th. Committee volunteers have been actively attending health fairs around the state and promoting brain injury and bicycle helmet awareness. Thanks to Flanner and Buchanan for sponsoring helmet for this year's event!



**Saturday,
September 25, 2010**

8:00 am to 1:00 pm

COST: \$25 per rider

or Families \$50 for 2 adults, 3 children

Teams of 5 or more - \$20 per rider

ONSITE FEE: \$35

DISTANCES

50, 25, 15 and 4 mile family ride

LOCATION:

Rehabilitation Hospital of Indiana

4141 Shore Dr. Indianapolis, IN

46254

Join Us with your family and friends!

Proceeds benefit the Brain Injury Association of Indiana

Each participant receives T-shirt and lunch!

For more information,

Call 317-356-7722

Email info@biai.org

Register online at:

www.biausa.org/indiana



Special Thanks To Our Helmet Sponsor



SUPPORT GROUPS

Anderson

1st Friday 2:00 4:00 pm
(will end promptly at 4:00)
Sharon and John Blake
Aspire Indiana
2020 Brown St
Anderson, IN
(765)620-9815 (John)
or (765)641-8345

Bloomington

1st Mon. 6:00 to 7:00pm
Rebecca Eberle, MA, CCC, SLP
Laura Karcher, MA, CCC-SLP
Indiana University: Dept. of
Speech & Hearing
200 S. Jordan Avenue
Bloomington, IN 47405
W (812) 855-6251

Columbus

1st Tuesday 6:30 to 8:00pm
Katie Novreske
Columbus Regional Hospital
2400 E. 17th Street
Columbus, IN 47201
(812)375-3685 or
(800)841-4938

Corydon

1st Saturday, 2:00 to 4:00pm
Joe Ward
(502) 713-3351 or
(812) 225-5252

Fort Wayne

1st Monday 6:30 to 8:00pm
Kristin Smith
Parkview Hospital
2200 Randallia Drive
Fort Wayne, IN 46805
W (260) 373-9765
P (260) 401-1433

Bridging the Gap

A Support Group for Brain Injury Survivors and Families Support Group of the Year in 2007!!!!

WHO: Adults (age 16 and older) who have recently experienced a brain injury, as well as their family members, friends, or caregivers.

TOPIC: Different topics will be discussed each month

WHEN: 4th Monday of every month

WHERE: Neuro Rehab Center
9531 Valparaiso Court
Indpls, IN 46268

WHAT: This group focuses on helping individuals move forward in their recovery. We spend our time doing different activities such as providing education, support, service projects, and social engagements.

Newcomers are Welcome!!!!

Brain Injury Support Group- Bloomington

WHAT? The Brain Injury Support Group is designed for persons who have suffered a mild brain injury (i.e., motor vehicle accident, traumatic injury, aneurysm) and are motivated by educational or vocational goals. The group seeks to offer support through group discussion, counseling and therapeutic activity designed to maximize coping and life skills as well as provide opportunities for peer support. Discussion topics may include but are not limited to adjustment issues, grief/loss, transition to school/work, relationship issues and community resources.

Professionals from the fields of social work and speech pathology, as well as brain injury survivors facilitate the group. There is no fee for the group.

WHO? The group is designed for adults 16 and older with vocational or educational goals.

WHEN? Group meetings are held the first Monday of each month from 6:00 to 7:00.

WHERE? Group meetings are held at the IU Speech and Hearing Clinic, room 018 on the Bloomington Campus.

To obtain more information or to refer individuals for group participation please call the IU Speech and Hearing Clinic at (812) 855-2912 or 855-1069.

Brain Injury Support Group - Ft. Wayne

Please plan on joining our Brain Injury Community Network group. The group is designed for survivors of brain injury and their family or friends. We discuss issues related to living with brain injury, difficulties that people are facing, new information regarding services for people with brain injury, or other related news. Hope to see you there!

If you or someone you know would like to be added to the mailing or if you would prefer to receive this flyer via e-mail instead of a hard copy by mail

please call or e-mail:

Kristin Smith OTR, CBIS

260-373-9765 or Kristin.Smith@Parkview.com

Monthly flyers can also be viewed under the Fort Wayne Support group section at the Indiana Brain Injury Association Website biausa.org/Indiana

David Nelson from League for the Blind and Disabled will be coming to share information about resources available for people with brain injury.

1st Monday from 6:30pm - 8:00pm

Meeting Location:

Parkview Home Health and Hospice

1900 Carew Street, Suite 5

Fort Wayne, IN 46805

We are located in the Greenview Medical Office Court building south of and across the street from Parkview Hospital. The entrance is the first door on the south side of the building facing the parking garage.

If you are interested in starting a support group in a city or region currently not listed, please contact Interested BIAI Support Group Co-Chairs, Deidre Moore or Mary Osting or call BIAI Central Office at 317-356-7722.



Support GROUP

SUPPORT GROUPS CONTINUED

**Indianapolis -
SOS Support Group:
Special Support for the
Caregiver**

**Every Wednesday
at 2:30 pm**

Connie Cunningham
Hook Rehabilitation
Center - Family Waiting
Room Community
Hospital East
1500 North Ritter Ave.
Indianapolis, IN 46219
(317) 355-5946

**Indianapolis - Support
Group for Veterans**

3rd Monday 6:00 - 8:00pm

Robbie Schmidt
VA Medical Center
Room C 4077
(317) 988-3554

**Indianapolis
Bridging the Gap**

**4th Monday
7:00 to 9:00pm**

Neuro Rehab Center
9531 Valparaiso Court
Indianapolis, IN 46268.
(317) 879-8940

**Indianapolis
Southside**

2nd Saturday 9:00am

Bryan & Janna Downer
Bob Evans
7515 E. Washington St.
Indianapolis, IN
(317) 357-1567

SUPPORT GROUPS CONTINUED

**Indianapolis-Southside
Brain Injury Support
Group - Beech Grove
Monday, June 14th, 2010
7:00 - 8:30pm**

Julia Pratt
Faith Assembly of God
Church Community Room
186 Royal Road
Beech Grove, IN
244-4463
Cell #430-1701
juliapratt1@hotmail.com

**Indianapolis
For Parents of Children
with Brain Injury
1st Monday 6:00-7:30 pm**
Kathy Munroe
Conference Room
(317) 962-5009 or
kmunroe@clarian.org

**Indianapolis - Westside
1st Monday 7:00 - 9:00pm**
Elaine and Paul Howard
Rehabilitation Hospital of
Indiana
4141 Shore Drive
Indianapolis, IN 46254
(317) 299-6433

**Kokomo
3rd Monday 7:00pm**
Russ and Sue Ragland
Howard Regional Hospital
1008 N. Indiana Avenue
Kokomo, IN 46901
Survivor
(317) 877-6807

Indiana University and the City of Bloomington

Information and Services

TBI Support Group

Returning to classes and work

IU Dept. of Speech & Hearing Sciences
1st Monday of each month; 6:00-7:30 PM
www.indiana.edu/~sphs/clin-speech-serv.html
812-855-6251

Abilities Unlimited

Education, advocacy and socialization.

www.abunlim@bloomington.in.us
1st and 3rd Monday of every month; 7:00-8:00 PM
Contact: 812-332-4042

Suggested Reading

I Can't Remember Me

By Judy Martin-Urban & Courtney Martin Larson

Judy writes, "Our son-in-law Jerry, choking and sobbing, cried that Courtney and Zachary had been involved in a car accident and were being life-lined to a hospital..."

"She was in a deep coma and was on life support from a traumatic brain injury."

"This is not the Courtney I once knew."

Judy Martin-Urban is Courtney's mother. Together they share the story of Courtney's brain injury and the many struggles faced by daughter and family. Courtney writes, "My husband tells me that I am different now, but *I can't remember me*. Mom says that my personality is changed, but I don't remember my other personality."

For more information about this reading along with others please visit www.braininjuryguide.org/braininjurybooks.html.

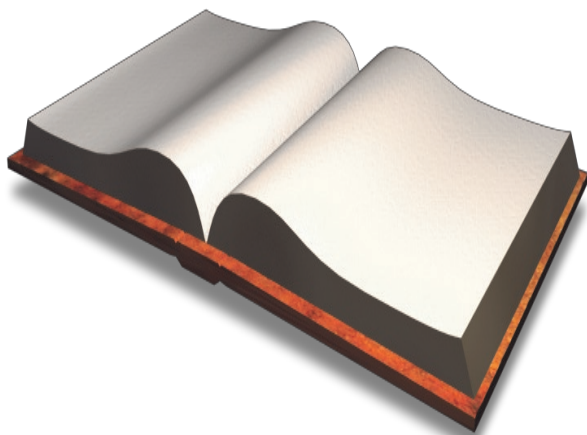
TELL US YOUR STORY

Millions of people are seeking information about head injury trauma. Just like you and your family, people are looking for a ray of hope and words of inspiration. No one can tell your story better than you and your family members. Please consider telling us your story.

Mail to:
BIAI Central Office
PO Box 24167
Indianapolis, IN 46224
or email to: maria@centraloffice1.com

Feel free to add photos to your story and be sure to provide contact information.

Everyone has a story...



Legislative Action Center

The National Brain Injury Association maintains a terrific online advocacy resource called the [Legislative Action Center](http://capwiz.com/bia/) where you can enter your zip code, find out about your state representatives and contact them regarding issues that are of great importance to you and the future of the brain injury community. Simply go to <http://capwiz.com/bia/> home.



SUPPORT GROUPS CONTINUED

Muncie

1st Tuesday 6:30 - 8:00pm
Pat Webb
Medical Consultants
800 S. Tillotson
Muncie, IN 47304
(765) 254-3840

South Bend

1st & 3rd Thursday 7:00pm
Barb Baker
6384 N. 900 E
New Carlisle, IN 46552
(574) 654-8559

Southeastern Indiana

3rd Thursday 7:00 - 9:00pm
Bob and Beverly Setree
802 Webster Blvd
Jeffersonville, IN 47130
(502) 452-9851

Terre Haute Wabash Valley Brain Injury Support Group

3rd Thursday 7:00 - 8:30pm
David Kuhn
Vigo County Main Library
(downstairs Room A)
7th & Popular Street
Terre Haute, IN
(812) 239-3319
kuhner7@verizon.net

Vincennes

2nd Monday 6:00pm
Mary Ann Cazel M.S. CCC-SLP
Good Samaritan Hospital
Eva Hill Auditorium
520 South Seventh St
Vincennes, IN 47591
(812) 885-3011
cazel@gshvin.org

BE PRESENT IN THE MOMENT

MINDFULNESS



The Practice of Being Present in the Moment

By: Sharon Meagher, IHCP, BIAA Board Member

Jon Kabat-Zinn Ph.D., founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, says, “Mindfulness practices provide a simple but powerful route for getting ourselves unstuck...back in touch with our wisdom and vitality. It is a way to take charge of the direction and quality of our own lives.”

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you by consciously and systematically working with your own stress, pain, challenges and demands of everyday life.

Studies show that our thoughts can initiate a stress response in our bodies. First, we start thinking about a problem or concern. As we ruminate on these thoughts, the brain can send stress-response signals to other parts of the body, causing a faster heartbeat, shallow breathing and tense muscles. If we train ourselves to pause when that first thought enters the mind, we can largely control our physical response, studies have shown. Exercises such as deep breathing and meditation also help calm the body.

Individuals who practice Mindfulness notice an increased ability to stay in the present moment and to be more open to “things just as they are” states, Dr. Jeff Brantley, Director

of the Mindfulness program at Duke Integrative.

Medicine at Duke University Health System. Brantley explains, “The story we tell ourselves has a lot to do with the whole unfolding of the actual situation.”

Mindfulness Meditation, a variant on Tibetan Buddhist meditative practice, was introduced into medical settings in 1979 by Jon Kabat-Zinn, Ph.D., a Nobel Laureate in medicine. Kabat-Zinn has made significant contributions to modern health care in his research on mind/body interactions for healing and in various clinical applications of mindfulness meditation training for people with chronic pain and/or stress-related disorders.

Research published by the University of Massachusetts Stress Reduction Clinic indicates that the majority of people who complete the Mindfulness course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem
- An ability to cope more effectively with both short and long term stressful situations

In a September 2008 press release, Helané Wahbeh, N.D., a naturopathic physician-researcher at Oregon Health Sciences University, said, “People who suffer from PTSD have greater activation in the emotional processing part of their brain called the amygdala. And they have less activation in their frontal lobe, which modulates their emotional response. Mindfulness meditation has been shown to help reorient the brain, so the frontal areas of the brain are better able to process over-reactive emotional responses that hinder people from leading normal lives.”

Mindfulness Based Stress Reduction (MBSR)

Since its inception, Mindfulness Based Stress Reduction (MBSR) has evolved into a common form of complementary medicine addressing a variety of health problems. The National Institutes of Health’s National Center for Complementary and Alternative Medicine has provided a number of grants to research the efficacy of the MBSR program in promoting healing. Completed studies have found that pain-related drug utilization decreases, and activity levels and feelings of self esteem increases, for a majority of participants. More information on these studies can be found on the University of Massachusetts Medical School Web site: www.umassmed.edu/Content.aspx?id=42066. Many brain injury rehabilitation programs have modified the traditional MBSR program to accommodate those rehabilitating from brain injuries.

Yoga

Typically, yoga involves postures, breathing exercises and relaxation techniques, which are basic tools drawn from ancient holistic healing systems. Yoga began as a means of calming the endocrine system and relaxing the body so that practitioners could sit longer in meditation. These calming, strengthening and relaxing effects make it an ideal practice for individuals with brain injury whose systems run on constant overload.

Slowing down, being present and being aware assists when dealing with stress. Robin Cohn, a TBI survivor and former Vice President of the BIA of New York State, recognized the transformative effects of yoga in her own recovery. In her book, *Yoga for The Brain*, Laura Bruno quotes Cohn as saying, “I began with a beginner’s gentle yoga class, where I slowly started to get atrophied muscles moving once again. The more I went, the better I began to feel.” Inspired, Cohn began co-teaching yoga classes designed especially for TBI survivors. “The students are so thrilled to have the opportunity to be practicing yoga and reaping the wonderful benefits of asana and pranayam (breathing). The happiness, tranquility and peace that yoga brings to them are so rewarding! Their smiles just say so much about how happy they are to be practicing.”

Many individuals who have sustained brain injuries find themselves unable to pursue former ways of staying in shape.

Fortunately, a yoga practice can adapt itself to any illness or injury, lending itself particularly well to brain injury recovery.

Research indicates the benefits of yoga include:

- Improve mood and sense of well-being
- Counteract stress
- Reduce heart rate and blood pressure
- Increase lung capacity
- Improve muscle relaxation and body composition
- Help with conditions such as anxiety, depression, PTSD and insomnia
- Improve overall physical fitness, strength, and flexibility
- Positively affect levels of certain brain or blood chemicals

Sharon Meagher is a member of the Board of Directors of BIAA and is a graduate of Duke University Integrative Health Coach Professional Program.



Meet a BIAI Facebook Friend

Brandon's Story– A Fork in My Road

Brandon Hughes

Interview

Age: 27

Fun Facts: Favorite TV Show:

"I'm not into much tv, but I really enjoy watching Joyce Meyer, and Friends is good sometimes for fun."

Favorite Food: "Pizza fully loaded, and Chinese Food, but I'm not very picky."

Have social networking sites like Facebook helped you?

Yes! That's how I met my wife! She commented on a post of mine and then we started to get to know each other. We just married in April on my birthday.

Has the BIAI page or website helped you to connect with other survivors?

I have several TBI pages linked to my facebook page. I just want to post stuff that will encourage others. I've met friends that really encourage me as well. I am doing really good now. After the accident I went to Hook Rehab and they helped me a great deal. I learned several therapy exercises that I do constantly like walking on the cracks of the sidewalk to regain my balance. My stubborn persistence turned out to be a gift from God. It can be a bad thing or a good thing but in my case I wouldn't accept less than doing my best.

By: Brandon Hughes

May 12th 2002, Mothers Day, a buddy of mine came over, I'll call him James. James knew that I always had beer in the fridge, so he said "let's go to the mall and pick up some chicks." "Sounds good to me" I said "let's go". He had a nicer car than I did, so we took his and I sat shotgun. We were gone man, pretty high too. James was driving about 70 mph, on a wet curvy road right in the middle of Fort Wayne. Nearly needless to say, while merging over to avoid hitting a car, he overcorrected sending us hydroplaning for about two city blocks. We came to a complete stop around a telephone pole! The seat I was sitting in snapped backwards on impact, so the seatbelt, that I was wearing, turned out to be useless. Three weeks later I woke up from the coma-which wasn't expected to happen. I had a Traumatic Brain Injury, I still do physiologically speaking. Anyway, just about everyone was saying I wasn't going to make it. The doctors gave me 72 hours to "pull through any at all". They told my mother that if I did live, I would be a vegetable for life. After about one month of rehabilitative services provided by the hospital, I was released, on June 28th, 2002. I was still in a wheelchair, unable to walk, and drooling all over myself. Upon release into my mothers' care, it was said that I would require a minimum of seven years of in-patient rehabilitation, somewhere that specialized in Brain injuries.

To Read more of Brandon's story please visit his Facebook page....



Brandon would like to encourage everyone to visit his Facebook profile. He would also like to share his contact information for anyone who wishes to call, or text for a prayer request or support. He very much appreciates the Brain Injury Association of Indiana and would like to become further involved.
E-mail: brandonehughes7@gmail.com
Cell: 765-521-2787

Sadly - since we interviewed Brandon, his wife passed away unexpectedly while visiting her mother in Texas. Brandon tells us she passed away on May 28th. Brandon - we are all thinking of you during this difficult time.



DON'T FORGET to renew your support!



BIAI CATEGORIES OF MEMBERSHIP

Individuals:

Brain injury survivors, caregivers and families of survivors.

Clinicians and Service Providers:

Individuals, including but not limited to medical staff, therapists, rehabilitation specialists, residential care providers, social workers, etc. who provide services to and/or advocate for the brain-injured community.

Businesses/Organizations:

Businesses or organizations whose services support persons with brain injury.

Supporters/Sustainers/Corporate Partners:

Individuals who desire to promote the mission of BIAI through donations or gifts-in-kind.

*Professional and corporate members receive \$25 off one Fall Conference registration

DONATIONS

Your contribution large or small enables BIAI to provide opportunities that advance the quality of life for people with a brain injury and their families. Donation opportunities include cash gifts, pledges, bequests, stocks, insurance, memorials, tributes, and matching gifts.



First Name: _____

Last Name: _____

Organization: _____

Address: _____

City: _____ ST: _____ Zip Code: _____

Phone: _____ Fax: _____

E-mail: _____

PAYMENT OPTION - Total Amount: \$ _____

VISA MC AMEX CHECK

CC #: _____

Exp: _____ CSV _____

Signature: _____

Individual (survivor/caregiver/family - NO FEE)

Clinicians/Service Providers \$ 75

Businesses/Corporations \$ 175

Supporters/Sustainers/Partners
(sponsorship or donation as listed below)

ANY DONATION \$ _____

*Partnership/Sponsor Categories

DIAMOND \$7400 RUBY \$3200

EMERALD \$2500 SAPPHIRE \$1500

*Partnership/Sponsors receive event recognition benefits. For more information, call 317-356-7722.

Please make checks payable to:

Brain Injury Association of Indiana.

Mail completed form to:

BIAI Central Office - PO Box 24617

Indianapolis, IN 46224



Brain Injury Association of Indiana
1829 Cunningham Road - PO Box 24167
Indianapolis, IN 46224-0167
PH: 317-356-7722 - FAX: 317-481-1825
www.biausa.org/Indiana

Upcoming Events-Save The Date

JULY 24

**2nd Support Group Leader Meeting
Location to be announced**

SEPTEMBER 25

**Use Your Brain, Save Your Noggin Bike Ride
Rehabilitation Hospital of Indiana
4141 Shore Drive
Indianapolis, IN 46254**

OCTOBER 13-15

**2010 Fall Education Conference, Golf Outing and AACBIS Training
Valle Vista Golf Club and Conference Center
Greenwood, IN**