

What's Happening

January 2012

Support Groups

Kent County

Held 2nd Tuesday, **Jan. 10th** at 7:00pm at 840 Walker Road, Suite A, Dover. For details, call (302) 346-2083.

New Castle County

Held 3rd Thursday, **Jan. 19th** at 7:00pm at A.I. DuPont Hosp. for Children, 1600 Rockland Rd, Wilmington, Rm #1 Bluebird Blvd.

Due to construction, enter through Outpatient Entrance (near playground). Security and volunteers will guide you. Parking is available near the playground or in Lot 5 across from the playground. Facilitators are John and Margie Goodier (302) 378-0375. To attend the Pre-Meeting Dinner Group (at your expense), call David at (302) 453-1634 or Matt at (302) 998-0782, and meet at the Hollywood Grille, located at Concord Pike & Murphy Road at 5:15 PM. In case of bad weather, **listen to WDEL (1150 AM)**.

Guest Speaker: Kathleen Anderson of Delaware Helpline 2-1-1

Sussex County (Millville Daytime Support Groups)

Held 1st & 3rd Tuesdays, **Jan. 3rd and 17th** from 1:00 to 3:00pm at Millville Volunteer Fire Company, Route 26, Millville, DE.

Facilitators are Beverly and Ed Bell - (302) 537-9016

Salisbury Support Group

Held 2nd Tuesday, **Jan. 10th** at 6:00pm at Chesapeake Rehab (Health South), Employees' Dining Rm, Route 50 and Tilghman Road, Salisbury, MD. The facilitator is Dr. Glenn Brooks - (410) 546-4600 or (800) 938-4600

Stroke Support Group (Newark, DE)

Held 2nd Thursday, **Jan 12th** at 7:00pm at Newark Senior Center, Room #3, 200 White Chapel Drive, Newark, DE 19713. The facilitator is Diane Gutierrez - (302) 985-7727. In case of bad weather, listen to WDEL (1150 AM) or WILM (1450 AM).

All brain injury support groups meet monthly and are open to survivors, caregivers, families, friends, and healthcare professionals.

If you can't attend a support group, there are online support groups available to you at the following sites:

- <http://www.dailystrength.org/c/Brain-Injury/support-group>
- <http://www.traumaticbraininjuryforum.com/>
- <http://www.tbinet.org/support1.htm>

We do not endorse the services provided by these online groups, only provide them for your information and personal use.



**BRAIN INJURY
ASSOCIATION**
OF DELAWARE

P.O. Box 1897, Dover DE 19903 / 840 Walker Road, Dover DE
Toll Free: 1-800-411-0505 / Local: (302) 346-2083
Email: admin@biade.org / Web: www.biade.org

About Us

We are a 501(c)(3) nonprofit organization with a mission to create a better future through brain injury prevention, education, advocacy, and support. We provide programs throughout Delaware for people living with brain injury.



Got a smartphone? Scan this barcode and become a member or make a donation!

Get a head start on your 2012 charitable contributions or become a member of the Brain Injury Association of Delaware (BIAD).



NEW OFFICERS & BOARD MEMBERS IN 2012

President: Elisabeth "Lisa" Furber

Vice President: Timothy Walker

Treasurer: Jason Carpenter

Secretary: Kati Capitan

New Board Member: Alexandra Scarpa

WELCOME!



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Got a smartphone?
Scan this barcode
and make a donation
to BIAD!

January: Time for a Fresh Start!

What are your new year's resolutions? Here are some suggestions!

- Choose to eat smaller portions at every meal.
- Spend half an hour to an hour outside every day.
- Go get a library card and get lost in a bestseller.
- Thank somebody every day.
- Smile more.



These seem minimal, but remember: small improvements add up to big change in your life! Be the best YOU that you can be!

Become a member. Help us grow.

Detach and mail this form with a check or money order made out to BIAD to our office at P.O. Box 1897, Dover DE 19903

Name: _____
Address: _____
City: _____
State: _____ Zip: _____

Phone: _____
Email: _____
May we email our newsletter and BIAD event notifications to this email address? Yes No

Type of Contribution

New Membership Renewal Membership Contribution Memorial or in Honor of: _____

Type of Membership

Individual - \$35 Professional (In a field related to brain injury) - \$50 Patron - \$100 Corporate - \$200
 Courtesy (Person with TBI) - \$5.00 processing fee

Are you a brain injury survivor? Yes No If no, what is your relationship to a survivor? _____

Is it okay to print your name as a contributor? Yes No Signature: _____