

ACQUIRED BRAIN INJURY NETWORK NEWS

September 1, 2008—2008/#09
Survivors and Family Members
Building Lives of Meaning, Joy and Value

Greetings!

Thanks to all who have been helping with our programs and/or serving on state workgroups for the Brain Injury Recovery Task Force.

If you want to start helping us reach out, here are some ideas.

You can share your newsletter with a friend—tell a friend about our new web event calendar and language translation buttons—or take cookies and our Law Officer pamphlet to your local police department.

If Philadelphia is convenient, come to our table at Triumph Baptist on Sept. 12 (below) - or if you live near Lansdale, bring cookies to our veterans program on October 4th.

If you have a dollar or two to spare, we need donations to pay the insurance that protects our volunteers—every dollar helps!

Everything you do provides a stepping stone for someone else along the path to recovery.

Barb Dively

LANSDALE on 10/4/2008

**"Recovery Tips for
Veterans & Families
Living with
Traumatic Brain Injury"**

LANSDALE PUBLIC LIBRARY
301 Vine Street
215-855-3228
10:30am—12 Noon

Recovering from a any type of brain injury takes time, patience, determination, and a large support system! Find out what to expect along the journey to recovery and how to smooth away some of the bumps in the road. Survivors and family members from the Acquired Brain Injury Network of Pennsylvania will share their experiences and suggestions.

Survive with Pride

PHILADELPHIA on 9/12/2008

Bridging the Gap: A Disabilities Symposium, Friday, September 12th from 9 a.m to 12 p.m. Triumph Baptist Church, 1648 W. Hunting Park Ave., Philadelphia PA, 19132. Sponsored by Senator Shirley Kitchen. Marta Bivins, Pat Strenk, Joyce & Darnell Williams, George Matwiejczyk, Dan Rohrback, John & Barb Dively there. Come by!

OUR MISSION

ABIN-PA is dedicated to increasing public awareness about acquired brain injury and to providing support, education, information, advocacy and other services for individuals with acquired brain injury and their families.

PLEASE PHOTOCOPY AND DISTRIBUTE TO ALL WHO ARE INTERESTED.

MY PATH TO RECOVERY

By Michelle, Thanks to Denise Patterson

I'll tell you what I know & have been told about my Traumatic Brain Injury. I know it happened on December 3, 1986, when I was coming home from a night class of shorthand II at Butler County Community College, BC3. My parents were told that a dog ran out in front of me & I swerved to miss it, which I did, but in the swerve I hit a tree. I had my seatbelt on & I flew over to the right, hit my head on the middle panel & the steering wheel came straight back & broke my left arm, which was my only break. Then I tried to get up coz my arm was hurting & I must have passed out & hit my head again coz I don't remember another thing until I woke up at Harmarville four months later.

After much therapy to help me walk & talk again, I went back to college. Not the same one because it was a big place. All of the classes were in different buildings & it would have been too hard for me to get to all of them so instead I transferred to New Kensington Commercial School. I took Business English, Computerized Shorthand, Medical Transcription & Punctuation, which were all in the same building. Those were the classes I needed to help me type medical reports for my new job with a chiropractor who works in my town. I also work for Working Order which is part of Volunteers of America.

I just started going to Concordia for therapy. They have a warm pool & an exercise room with all kinds of exercise machines. I used to go swimming when I was in Harmarville, where I also met Denise. Harmarville got me started talking & walking. I've had many surgeries on my left leg and foot to enable me to walk. I also spent many years with Neurological Physical Therapy Specialists & this too added to my recovery.

My doctors told my parents that I'd never walk again but because of my surgeries, my therapies & Excellent therapists, I can walk (with some difficulty), talk & work at my computer. It's been a Long, Hard road back, but I MADE IT!!!!!!!!!!!!!! Doctors aren't always right, I'm Proof of that!!

CAROL DI BIAGIO

1945– 2008

Everyone who knew her felt blessed, and so her loss has affected many. Carol's son John was particularly grateful for her support, especially since his brain injury. Carol attended meetings of the Lehigh Valley Brain Trauma Support Group at Good Shepherd Rehabilitation Hospital with John and even led a Caregiver session a month before her unexpected passing. May we all follow Carol's example in supporting and encouraging those we love when they are going through difficult times.

2008 DONORS

Marta Bivins
Anna Marie & Barry Childress
Jim Cox & Erikka Johnston
Susan M. Scott Dolan
Lehigh Valley Brain Trauma
Support Group
Main Line Rehabilitation Assoc.
Gerald A. Nikolaus
Denise Patterson
Sheryll Poris
Daniel F. Rohrback, Jr.
Joyce Schlag
Peter & Mary Anne Van Blarcom
Denise & Michael Westerfer
Marcia Williams

MONTHLY DONORS

John & Barb Dively
Robert Drucker
Kay & Gordon Rowe

TRIBUTE

To Honor Laura Lee Hervey
for Recovering Her Smile
- Beth Anne Hervey

RESOURCES

Acquired Brain Injury Network of PA
1-800-516-8052
BIAPA Brain Injury Resource Line
1-866-635-7097
Brain Injury Help Line—free literature
1-866-412-4755
Disability Rights Network
1-800-692-7443
Legal Clinic for the Disabled
1-215-587-3350
Pennsylvania Head Injury Program
1-866-412-4755 (TBI only)
Pennsylvania Health Law Project
1-800-274-3258
Special Education Consult Line
1-800-879-2301
Waiver Help Line 1-800-757-5042

**SHAKING A BABY
CAUSES BRAIN INJURY !!!**

Every year in Pennsylvania about 60 babies are injured by being shaken.

A baby that is shaken can become blind or mentally retarded. Babies can become paralyzed or learning disabled or even have seizures after being shaken. Other babies will die.

All babies cry when they are tired, wet or hungry. They may be lonely or just want to be held. They may be too hot or too cold, or just uncomfortable. The baby may be teething or perhaps sick. The baby may be thirsty for water or want to suck on a pacifier.

Pennsylvania has a Shaken Baby Syndrome Prevention & Awareness Program that educates parents on how to avoid injuring a baby by shaking.

Parents are urged to stay calm and be gentle when trying to help a crying baby. "Don't drop the baby, move the baby too quickly, or toss the baby into the air. Remember that crying doesn't hurt a baby but shaking does."

Choose babysitters with care! Get medical care immediately if you think your baby may have been shaken or if you notice trouble with waking up, staying awake, sucking, swallowing, turning blue, sleeping, seizures, breathing, or vomiting.

For Program information, go to www.pasbs.com or contact the Nurse Coordinators at 717-531-7498:
Carroll Rottmund, RN, BSN
Kelly Cappos, RN, BSN

Newsletter Sign-Up, Donations & Tributes

DATE: _____ NAME: _____ PHONE: _____

STREET: _____ CITY: _____

STATE: _____ ZIP: _____ COUNTY: _____ SURVIVOR: _____ FAMILY: _____ OTHER: _____

EMAIL: _____

DONATION: Amount \$ _____ Check # _____ Monthly: _____ United Way: # 45813

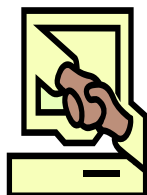
IN HONOR OF (Name): _____ (Reason): _____

(Address): _____

IN MEMORY OF Name): _____ (Family contact): _____

(Family address): _____

The official registration and financial information of the Acquired Brain Injury Network of Pennsylvania, Inc., may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.



**ACQUIRED BRAIN INJURY NETWORK
OF PENNSYLVANIA, INC.**

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info@abin-pa.org, www.abin-pa.org

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