

September 2011

Hello and Greetings from BIANC!

Camp Carefree

BIANC is getting geared up for our annual Brain Injury Survivor's Retreat at *Camp Carefree* in Stokesdale, NC on September 16, 17, and 18. "Camp" is an incredible weekend that is anticipated all year long for many of our members.

BIANC'S Camp for this year is 100% **FULL!** We are at capacity for the event this year, and we are maintaining a waiting list to fill any slot cancellations.

Thank you to everyone interested in attending and supporting Camp Carefree!

Falls Prevention Week, September 19-24, 2011

Falls are the single leading cause of TBI in the United States with over 35% of reported traumatic brain injuries being caused by a fall and blow to the head. Falls Prevention Week in NC is September 19-24th this year, and we are asking that you all assist family members and friends with taking steps to preventing falls. The Center for Disease Control suggests these tips for fall prevention in the home:

- Exercise regularly. Physical activity programs increase strength and improve balance.
- Ask your doctor or pharmacist to review medicines to reduce side effects and interactions that could make a person dizzy or unsteady.
- Schedule regular eye exams (at least once a year).
- Improve the lighting in the home.
- Reduce hazards in the home that can lead to falls, such as loose carpets and slippery or uneven floors and stairs.

Follow this link for more information on Falls Prevention Week in NC, and the NC Falls Prevention Coalition:

<http://www.injuryfreenc.ncdhhs.gov/ForHealthProfessionals/FallsCoalition.htm>

BIANC Symposium Slated for October

BIANC's Annual Symposium is scheduled for October 27th and 28th in Cary, NC.

There will be a half day workshop on sports concussion on Thursday Oct. 27th and a full day of activities on Oct 28th. The cost for two days is \$195, and after October 20th it goes up to \$210. The cost for Thursday only is \$60, and after October 20th it is \$75. The cost to attend Friday only is \$150, going up to \$165 after October 20th.

Online information and registration for the Symposium can be found at:

https://www.wakeahec.org/CourseCatalog/CASCE_courseinfo.asp?cr=34143

CBIS Class Dates Set

BIANC is offering a series of *Certified Brain Injury Specialist (CBIS)* classes. The CBIS course is an excellent source of information for professionals, caregivers, and survivors.

The Raleigh CBIS class registration is now closed.

Wilmington: November 11th and 12th
New Hanover Regional Medical Center
Deadline to Register: October 1st

Please visit our website for details at:

http://bianc.net/resources/education_and_training/CBIS/index.html

Governor's Brain Injury Advisory Council Update

The Governor's Brain Injury Advisory Council will meet on Sept. 14, 2011 in Raleigh. The role of the Council is to:

- Promote interagency coordination among State agencies responsible for services and support of individuals that have sustained traumatic brain injury.
- Study the needs of individuals with traumatic brain injury and their families.
- Make recommendations to the Governor, the General Assembly, and the Secretary of Health and Human Services regarding the planning, development, funding, and implementation of a comprehensive statewide service delivery system.
- Promote and implement injury prevention strategies across the State.

During the meeting in September, the Council will hear a presentation about implementation of the Behavioral Health Services for Military Act. This law was passed during the last legislative session and will have a significant impact on brain injury prevention and care in NC.

You can learn more about any new legislation related to brain injury on the BIANC web site at:

http://www.bianc.net/government_and_policy/current_issues_and_pending_legislation/index.html.

NC Brain Injury Advisory Council Member Featured in *Time Magazine*

Dale Beatty, a member of the NC Brain Injury Advisory Council, and his compatriot John Gallina, are featured on the cover of *Time Magazine* this month.

Dale and John are part of a larger cover story titled *The Greatest Generation: how young war veterans are redefining leadership at home.*

Upcoming BIAA Webinars

September 21, 2011 at 3pm:

Caregivers' Education Seminar: *Double Whammy: Managing Brain Injury and Severe Mental Illness after Rehabilitation*

September 27, 2011 at 3pm:

David Strauss Memorial Lecture: *Hypoxic-Ischemic Brain Injury*

Please visit the link below for more information:

<http://www.biausa.org/AnnouncementRetrieve.aspx?ID=74793>

Ms. Peggy Philbrick to Retire

We are certainly sad to see Ms. Peggy Philbrick retire from her post at the Charlotte Brain Injury Resource Center at Carolinas Rehabilitation, but we are excited for her as well! Ms. Peggy has been an incredible asset to the BIANC and TBI Project STAR teams, and has established some remarkable relationships all over the state. Ms. Peggy is known for her vast knowledge of all things brain injury, but is quite possibly even better known for the connections that she has made with survivors, families, professionals, support groups, and organizations all over the state. Ms. Peggy will be so greatly missed, but the word around the campfire is that she won't stray too far from us! Let's hope not!

<u>Brain Injury Resource Center Asheville</u>	<u>Brain Injury Resource Center Charlotte</u>	<u>Brain Injury Resource Center Greenville</u>	<u>Brain Injury Resource Center Raleigh</u>	<u>Volunteer Brain Injury Resource Center Triad</u>
Community CarePartners 68 Sweeten Creek Road Asheville, NC 28803 828-277-4868	Carolinas Rehabilitation 1100 Blythe Boulevard Charlotte, NC 28203 704-355-1502	P.O. Box 30496 Greenville, NC 27833 252-561-6886	P.O. Box 10912 Raleigh, NC 27605 919-833-9634 800-377-1464	Wake Forest Baptist Health Sticht Center 3 rd Floor Medical Center Drive Winston-Salem, NC 27157 336-713-8582