

SUPPORT LINK

Information for Support Group Leaders

Project STAR and The Family and Community Support Center at Carolinas Rehabilitation

A note from the President... Sandra Farmer.

The Brain Injury Association is planning a series of educational and recreational activities for professionals, people with brain injuries and their families. We want to increase general awareness about brain injury and provide support for families while also helping those who have sustained injuries lead healthy, active lives.

Some of the fun activities will start in September with regional activity days across the state. The Greenville area is planning an event with water skiing, tie dyeing t-shirts and music, the Raleigh area will have fishing and arts and crafts and in Asheville we will offer a ropes course. Dates and locations will be announced later.

Family education programs will include two "Beyond Tomorrow" trainings which are one day programs discussing long term planning for people with disabilities. The programs will include information about guardianship, trusts, wills and estate planning.

Both programs will be held in May, one program in the Asheville area and the other in Greenville.

Three professional conferences are planned, the first in November in Chapel Hill and the second in February in Asheville, and one coordinated through Project Star in March. The conferences will be coordinated with the local AHEC programs and offer CEU credits. The programs will feature speakers who work with brain injured people in acute, post-acute and long term care settings.

There will be three regional support group leader trainings and one statewide event during Camp Carefree in Stokesdale, NC on June 7th. Dates and locations of the other trainings will be announced later.

The Brain Injury Association welcomes input from you about activities and events that you think would be helpful as caregivers and survivors of brain injury.

Contact Sandra by phone at 1-800-377-1464

or by mail at PO Box 10912

Raleigh, NC 27601

or at Sandra.farmer@bianc.net

A Group Leader Welcomes Help

An open letter from Vance Williams

Support Group leader from Wilmington

The Wilmington Support Group has been a struggle to get something going on a consistently active basis. We are in the process of trying to get the group up and running again. We just started meeting again last month.

I started work here at Coastal Rehab one year ago and inherited the group. Then in July, I got a call from Cindy Whitmire (a brain injury survivor). She moved to this area from Charlotte and was a member of the Lake Norman group, had been very active there and had participated in a lot of activities sponsored by BIANC, such as walk and roll-a-thons, camp, etc. After meeting her, I asked her to become a co-facilitator with me.

She did an incredible job of contacting group members and getting them interested in coming to the meeting in August we had 18 people in attendance at the August meeting. We had a good interaction and hope that this group can become active again.

Cindy and I contacted group members by phone to get them to come to the September meeting that was held this past Monday (9/10). The response was disappointing - we had one member from the community and one inpatient with his caregiver show up (total of 5 counting Cindy and myself).

So this is my brief history of the Wilmington TBI Support Group. I have had a difficult time getting feedback from the group members as to what they want from the support group. Our biggest challenge is just getting people to commit to coming to the meetings.

I think our strength now is the fact that Cindy has agreed to co-facilitate the group. I think it gives balance to the group to have a survivor and staff member co-facilitate.

The group meets the second Monday of each month. It is listed in the announcement section of our local newspaper and in CapsulesLive, the hospital newsletter. Cindy has also made posters and fliers to place around the hospital. ****See letters from other group leaders in Around the State section.**

UPCOMING EVENTS

Support Group Leaders Meeting Saturday, October 6, 2007 10:00AM - 2:00PM

Broad River Coffee Co.
Boiling Springs, NC

*Building Community Supports
through
Education and Collaborations*

Lunch will be provided
(If you need vegetarian meal please contact
Peggy)
For additional information, please contact
Project STAR
At Carolinas Rehabilitation 704-355-1502
Or
Peggy Philbrick 704-355-4354

DIRECTIONS

From the West

74 East to Pleasant Ridge Church Road (One Stop Convenience Store and an Antique Shop)
Take a Right on Pleasant Ridge Church Road. At stop sign take a Left into Boiling Springs. After you go through the first and only stop light Broad River Coffee Co. is on the Left. Gardner Webb University is on your right.

From the East

74 West to Pleasant Ridge Church Road. Take a Left on Pleasant Ridge Church Road. Pleasant Ridge Church Road is at the 3rd light after you pass Ingles Grocery Store (on the right)

Please RSVP for Lunch ordering purposes
peggy.philbrick@carolinashealthcare.org

COME CELEBRATE THE SEASON

THE CHARLOTTE AND UNION COUNTY BRAIN
INJURY SUPPORT GROUPS
INVITE YOU TO JOIN US FOR

CHRISTMAS CELEBRATION 2007

THE 10TH ANNUAL CHRISTMAS
CELEBRATION WILL BE ON
SATURDAY, DECEMBER 1ST
11:00 AM UNTIL 2:30 PM

AT
SILER PRESBYTERIAN CHURCH
WESLEY CHAPEL, NC
There will be



Lots of Food to pig out on!



Music and laughter and visiting with friends!



Santa has agreed to come!



There will be gifts for everyone!
The Celebration is for persons with brain injury
and their families from all across North Carolina.
We hope you will attend. For additional
information or to request your personal
invitation with directions to the annual
Christmas Celebration contact
Project STAR at Carolinas Rehabilitation.
704-355-1502

Accent on Advocacy...

In July, Carolina Legal Assistance replaced The Governors Advocacy Council as the Protection and Advocacy System representative for Persons With Disability in North Carolina. The letter below outlines the agency and its role in insuring that persons with disability are treated fairly.

Persons who feel that they are being treated unfairly or denied services for which they qualify should contact Carolina Legal Assistance to discuss their concerns. Please share this information with members of your support groups.



CAROLINA LEGAL ASSISTANCE, *A Disability Rights Center*

2626 Glenwood Avenue, Suite 550, Raleigh, North Carolina 27608

Phone 919-856-2195 / 1-877-235-4210 / Fax 919-856-2244 / TTY 1-888-268-5535

www.cladisabilitylaw.org

Date: July 2, 2007

Release: Immediate

Contact: Adele Foschia, Executive Director

(919) 856-2195

Carolina Legal Assistance Assumes North Carolina's Protection and Advocacy Responsibilities

New Offices Opening in Raleigh on Glenwood Avenue, Staff Expands

RALEIGH, NC – Carolina Legal Assistance (CLA) assumes responsibility today for North Carolina's federally funded Protection and Advocacy System. These services were previously provided by the Governor's Advocacy Council for Persons with Disabilities (GACPD), a division of the N.C. Department of Administration. The staff will expand and a new location has been chosen for the delivery of these critically important services.

The change in the agency providing protection and advocacy responsibilities in North Carolina occurred as a result of redesignation of these functions by Governor Easley, following extensive discussions with members of the disability community and after a thorough consultation with the GACPD governing board. CLA is a private, non-profit organization with a volunteer Board of Directors representative of various geographic areas of the State and of individuals and family members of individuals with disabilities. It has provided legal assistance and advocacy services for people with disabilities in North Carolina for over 25 years.

The Role of a Protection and Advocacy Organization (P&A)

All states are federally mandated to have a P&A which have the responsibility for protecting, and advocating for, the rights of people with disabilities and the authority to pursue legal, administrative, and other appropriate remedies or approaches when the rights of such individuals within the state may have been violated. Rights may include eligibility for treatment, services, education, or a change in living arrangements, with particular attention to members of ethnic and racial minority groups. P&As investigate alleged incidents of abuse, neglect and exploitation of individuals with disabilities and are responsible for investigating suspicious deaths throughout the state for people with disabilities in institutions. P&As also provides information and referral to programs and services addressing the needs of individuals with disabilities.

CLA meets all of the requirements of a statewide Protection and Advocacy (P&A) System and shall have all of the powers and duties vested in it by applicable federal statutes and regulations. There will be no charge to any client for P&A services.

Adele Foschia, an executive with many years of non-profit experience, is the interim executive director of CLA while a nationwide search is conducted to fill the position. Mrs. Foschia was most recently the interim executive director of NAMI NC, an agency providing services to people with mental illness in our State. John Rittelmeyer is the Director of Legal Services and has been a practicing attorney in Raleigh for many years. He has previously served as a CLA Board member and Board Chair. Greg McGrew is the current Chairman of the Board of Directors.

Keeping it Fresh

A Group Leaders Challenge

One of the most challenging aspects of being a support group leader is keeping the meeting content fresh and interesting for those who attend. This can be hard and exhausting work, especially if the group is very diverse. It can also be difficult to meet the needs of newcomers while keeping the meetings interesting for those who have attended for a long time.

Not only is it important to keep members of the group excited, it is equally important to keep yourself, as a group leader, excited and motivated. This can sometimes be more difficult than keeping the group engaged.

In past editions of SupportLink, we have talked about sharing the responsibility with other group participants. This is a great way to use group members and encourage group ownership. In this edition we will look at ways to make the job easier and reduce the time required for the month to month mechanics of planning and conducting meetings.

There are many websites devoted to facilitation of various types of support groups. There are groups that help with bereavement and chronic disease to those that deal with building stronger business relationships and self-image. In reading through some of the information on these sites, SupportLink found some helpful suggestions for maximizing the time spent on planning and preparation. Below are some suggestions compiled from the websites SupportLink explored.

- **Preplan:** Determine long term goals for the group and develop a personal action plan that is concise and easy to follow. Knowing what needs to be done, and when, can make the task easier, especially if the action plan is in the form of a checklist. Checking off tasks as they are accomplished gives a clear picture of overall progress and often makes the job less daunting.
- **Time Management:** Do routine tasks in blocks of meetings rather than on a meeting to meeting basis. For example, if you set aside a block of time to contact potential speakers and arrange speakers for six months during this allocated time, rather than try to scramble from month to month to get speakers, you will not face the uncertainty of trying to find someone willing to come speak on short notice.
- **Keep a routine:** Hold the meeting on the same day and time each month if at all possible. Varying routines can add stress. Consistency and routine makes things easier to manage and minimizes interference with other priorities in the life of the facilitator.
- **Learn to say NO:** Group members may want changes made to accommodate their schedules or insist on individualized attention. Even though it would be wonderful to grant the wishes of everyone in the group, leaders must remember that the needs of the entire group must be considered, not just those of one or two members.
- **Build Consensus:** A good group functions like a democracy in that everyone has a voice. Include group members in discussions of what the program content should consist of. Even if there is no one in the group who can carry through on a plan of action, awareness and agreement are needed to enhance the sense of belonging of group members. Once the facilitator has consensus, arranging the meetings to meet the needs and wishes of the group becomes less stressful.

Facilitation of a brain injury support group is a hard job, but a job where the rewards can be great. Thank You's are sometimes few and far between, but there is one common thread among the leaders of the brain injury support groups in North Carolina. They are dedicated to making a difference in the lives of persons with brain injury and their families, and achieving that, who could ask for more?

SupportLink would like to thank the Support Group Leaders across North Carolina. The service you provide to the persons living with brain injury and their families is invaluable. You do make a difference.

AROUND THE STATE SUPPORT GROUPS AND OTHER NEWS FROM

Charlotte Area

Splish!!! Splash!!! It was a warm day but everyone stayed cool with waterskiing, boat and jet ski rides, swimming or just hanging out under the covered picnic shelter and enjoying meeting new friends or visiting with old friends. Members of the Charlotte, Lake Norman, Concord, Statesville, Stanly, and Union county support groups spent a wonderful day at the Lake Norman YMCA. The Charlotte group supplied hamburgers and hotdogs and everyone else brought side dishes, desserts and drinks. There was enough to feed an army, which was good since well over 100 attended. Thanks to Barbara Westphal for organizing this event, to Bill Westphal for cooking the hamburgers and hotdogs, to Sylvia Whitmire for the use of her catering tables and equipment and to the Adaptive Sports and Adventures Program (ASAP) at Carolinas Rehabilitation and their volunteers for the waterskiing, boating and jet skiing!! Also, a thank you to all the group members who helped to make this a great day!!



Take me out to the Ballgame!!



In August, several support groups around the Charlotte area had a night of fun and fellowship watching the Charlotte Knights Baseball Team play the Indianapolis Pirates. Members from the Charlotte group, the Lake Norman group, the Concord group, the Statesville group and folks from Hinds' Feet Farm, totaling around 60 people, enjoyed home plate seats, hot dogs, popcorn and a wonderful fireworks show after the game. Many thanks to Barbara Westphal for organizing this event!

What's Up Doc? The Union County Brain Injury Support Network got the opportunity to sit and chat with Dr. Sharon Kanelos, a Physiatrist from Carolinas Rehabilitation at the September meeting. The information shared at the open question and answer session gave those who attended the meeting an opportunity to discuss everyday situations with a rehabilitation specialist. Thanks to Dr. K for sharing this time with the group. The educational effort will continue in October as Brenda Eshbach, a Licensed Psychological Counselor, addresses Seasonal Affective Disorder and its impact on persons with brain injury.

Rolling on the River... In true form, Karen Harrington and members of the Smokey Mountain Group enjoyed the great outdoors by going on a rafting trip on the French Broad River. For some who attended the outing was a first such outing since their injury.

The Western Region Family and Community Support Office of the Brain Injury Association of North Carolina is located in Asheville at the offices of Care Partners. This office serves the western area of North Carolina. Karen continues to work toward building community supports and awareness in this area, as well as reaching into the most western counties to assist with starting new support groups and identifying needed services.



Information shared in contributed articles does not necessarily reflect the opinions of Project STAR or Carolinas Rehabilitation. Websites and other information sources are intended to be used at the readers discretion and inclusion in this publication is not intended as an endorsement or recommendation.

LET'S PARTY!... Kim Munroe from the Statesville group. Surviving Angels reports that the group had a picnic to celebrate the summer and that they continue to assist local community programs including "My Sister's House" a program that helps women and children.



RELAX AND TAKE A DEEP BREATH... Susan Fewell reports that she attended the Cary Support Group in September. and that Dave Baack and Leslie Johnson are doing a great job co-leading the group. Although several new members have joined the group. It remains a small group but they are starting to find ways to share their daily challenges and support each other. A Yoga instructor from the local YMCA demonstrated relaxation and meditation exercises which everyone enjoyed.

THOSE LAZY HAZY DAYS OF SUMMER... Susan also reports that the Raleigh Triangle Support Group for the summer months, have tried to schedule their usual support group meeting and also a fun social activity at a local Parks & Recreation Community Center. Everyone enjoyed a Luau with music and decorations (thanks to Paula Mayle) and a Beach Party with food and decorations and beach balls (thanks to Christine Trevelini) and a paint the T-shirt night (thanks to Dunella Jones.) Family members and caregivers who take extra time to plan social activities for other survivors are truly heroes. The leaders of the group will be trying to get everyone involved in the upcoming Walk & Roll-a-thons and the first Joggin' for Your Noggin' 5k race that is planned for March 29, 2008.

"SUPPORT GROUPS NEED NEW BLOOD AND VOLUNTEERS..." by Diane Rankin
Brain Boosters did not meet this summer. Recently a group of us went to see "The Crucible" by Arthur Miller at the High Point Theater. Soon we are going to see "Comedy of Errors" by Shakespeare. For many years now we have gotten free tickets to the Shakespeare Festival since I asked the head of it for free admission and he agreed. I am retiring from a lot of things and I have been doing support group activities and planning programs and refreshments for 12 years. I would love it if someone else could take over... but there are not many people willing to do it. If you have a solution let me know. I started Brain Injury Alliance in 1995 and Brain Boosters in 2004. As you know I put on annual conferences first for the region and then for the whole state. I still support the High Point support group with contributions so I can see where the money is spent (for example someone who needed railing inside and outside her house so she could get around). We need some new blood...so let us know if you want to volunteer and help.

MAINTAINING THE MOMENTUM-KEEPING GOOD GROUPS GOING by Ellen Morales
The Fayetteville Support Group met in July and August and will meet in September. We are averaging about 22-25 people each meeting....July was a Fun and Games Night, and August we had a presenter who spoke on Sleep Disorders. In September we will be dividing into survivor and caregiver groups to talk about changes in roles and relationships after brain injury. We have been trying to divide the groups up once every quarter. .Dr. Ackley takes the caregivers group and I take the survivors group. I will probably try to get a presenter, a Tai Chi instructor or an advocacy person, both of which have been requested by the group for future meetings.

The group has also been creating little committees, one is a social committee that on a monthly basis, have been trying to have a social outing. There was a bar-b-cue at one of the home of one of the group members last month, they also did bowling, for which we used funds out of our bank account to pay for. This month they plan to meet at a park.

Every month we advertise on the community channel, in the newspaper, and 2 news stations and we are also listed in the quarterly paper that comes out from the hospital.

We made good money from selling the homemade bracelets, and we have a yard sale planned for November. We will do another bake sale in March.

One committee is creating our web page. I am not really sure what our biggest challenge is, maybe just maintaining the momentum. I really think that people are starting to take more ownership and take on more responsibility for the group. and also are SLOWLY becoming less dependent on myself or Dr. Ackley.

DOWN EAST

Submitted By: Darlene Wetzel

The BIANC Eastern Family and Community Support Center in Greenville is the recipient of the Community Benefits Grant/Pitt Memorial Hospital Foundation for 2007-2008. This grant has afforded BIANC the opportunity to reach BI survivors, families and professionals who were geographically isolated from activities and services.

BIANC has collaborated with East Carolina University(ECU)/Walker Center Adapted Sports Program(WASP), Support Team for Active Recreation(STAR) this year for a Eastern Regional Recreational Event. The Annual Fall Fiesta, Adapted Sports Day on September 29, 2007. Activities for the day will include: Adapted water skiing, boat rides, kayaking, tubing, land games and tie-dye t-shirts. We will be on the Pamlico River in Chocowinity, NC.

We will also hold a Carolina Health and Transitioning (CHAT) Forum in Greenville on September 22, 2007. This forum will bring together youth and young adults(ages 13-29) with cross disabilities in Eastern NC. The Alliance of Disability Advocates - Center for Independent Living, Raleigh will be testing various types of youth curriculum for transitioning from a pediatric doctor to an adult care provider. This event will provide participants with a \$50.00 stipend, transportation reimbursement, hotel/attendant expenses, lunch will be provided with snacks and refreshments. This is a opportunity for youth and young adults to give your comments, feedback, ideas and suggestions.

The Volunteer Peer Visiting & Peer Mentoring Program training was held in August 2007 at Regional Rehabilitation Center, University Health Systems of Eastern Carolina. This program has a medical model and community based model. The Volunteer Peer Visiting/Mentors are individuals with disabilities, family members and caregivers. To provide emotional support, advocacy, resource information and serve as role models to others with disabilities similar to their own. Peer Visitors and/Mentors are volunteers, who have been through specified training in Traumatic Brain Injury, Spinal Cord Injury and/or Amputation of a limb. The training program includes, listening skills, stress management, and communication skills. A Program Coordinator oversees their work and feed back and follow-up is given on a regular basis to all volunteers.

On October 19, 2007, BIANC will participate in The 4th Annual Disability Resource Fair, "Access for Everyone. This will be held at the Monroe AHEC Conference Center in Greenville. This event is for companies and organizations offering products or services that would be of special interest to persons with disabilities in Eastern NC.

If you or someone you know is interested in becoming involved in a support group, need information or resources or would like to participate in any of our activities/events please call 1-800-697-3115.

CENTRAL REGION

Submitted By: Susan Fewell

"Let's Walk & Roll & Run in 2008 to stop the silence about those living with brain injuries in NC"

In 2008, there will be Walk & Roll-athons in 6 locations of NC. At present, there are Walk & Roll-athons planned on March 15 in Jacksonville on Camp Lejeune and Fayetteville at the Honeycutt Recreation Park. On March 29, there will be Walks in Raleigh at Lake Crabtree County Park and in Asheville at the Biltmore Mall and in Shelby combined with the Brain Bonanza for Kids. On April 6, a Walk is planned on the Wake Forest University Campus. In addition, in 2008, there will be two new events called "Joggin' for Your Noggin' which will be 5k races held at the Raleigh and Jacksonville Walk & roll-athons to bring more awareness and participation by the community. We will need community business sponsors to donate money and services, survivors and families to join us for the event and volunteers to help with work duties and to raise pledges to support the Brain Injury Association of NC. Let us know at the Raleigh office if you want to be involved: Call 919 833 9634.

We need your input. Would you like to contribute an article for SupportLink? Is there a topic you would like to see included in upcoming editions? Just let us know how SupportLink can support you in your role as a Group Leader.



Support Group's Role in Making the Military Connection

Over the past several years many communities in North Carolina have been impacted by the deployment of their National Guard units and by the recruitment of young men and women to serve in the armed services in the war in Iraq and the continuing military operations in Afghanistan.

Increasingly, we hear of those who return from the conflict with brain injuries. While there is increased effort on the part of the Department of Defense and Veterans Services to identify and get appropriate rehabilitation and treatment for those returning with brain injuries, there are others who suffer from brain injuries that are undiagnosed and untreated. Whether diagnosed and treated or undiagnosed and untreated, there is still a need for information and support once the injured individual returns to his or her home community.

Many of the support groups across the state have asked BIANC and Project STAR about how they can reach the returning military personnel who may need information and support. In this article, SupportLink will address some ways that support group leaders can reach out to those in their community who may need support, and how to be prepared to answer questions and make appropriate referrals to those who may contact the support group.

There are several ways support group leaders can insure that those who need support can readily connect with the group.

Contact your local County Veterans Service Office

In each county in North Carolina there is a County Veterans Service Officer(s) who works to help retired or discharged veterans with benefits and other military related issues. The Service Officer(s) are employees of the respective county, and are normally housed in the same location as other county offices. Providing information on your group to the County Veteran Service Offices in your county and surrounding counties can help veterans in need of support find the group. You can find a complete listing of the North Carolina Veteran Service Officers and their contact information at <http://www.doa.state.nc.us/vets/locations/default.asp>

Contact your local American Legion Post

Most communities have one or more American Legion Post. The American Legion is a national organization, and membership of the Legion is comprised of persons who have served in the Armed Forces. The American Legion, works assist veterans, their widows and children, and their fellow citizens. The North Carolina American Legion has over 40,000 members, and the organization has taken an active role in supporting troops returning home to their communities after serving in the military. Providing information on your support group to the Legion in your area will insure that those connecting with the organization can be referred if they need a brain injury support group. While not all American Legion Post have websites, those that do can be accessed through the North Carolina American Legion webpage at <http://nclegion.org/>

Contact your local media outlets

Local news outlets are also a good way to connect to broad populations that otherwise may not be aware of your group. Contact your local newspapers, radio stations and other media sources and ask them to run a free ad about your group. Most media outlets have public service programs that allow service organizations and other community events to advertise events at no charge. Taking advantage of this policy can reach large numbers of people with minimal effort.

Do you know of a program in your area that serves persons with brain injury? Please let SupportLink know so we can share the information.



Brain Injury Association of North Carolina

Membership Form

How to Reach Us

Family Helpline

1-800-377-1464

bianc@bianc.net

BIANC has four regional offices:

Asheville

Community CarePartners

68 Sweeten Creek Road

Asheville, NC 28803

828-277-4868 Fax: 828-277-4869

1-866-890-7801

Raleigh

P.O. Box 10912

Raleigh, NC 27605

919-833-9634 Fax: 919-833-5415

1-800-377-

Charlotte

Carolinas Rehabilitation

1100 Blythe Boulevard

Charlotte, NC 28203

704-355-1502 Fax: 704-355-9480

Greenville

202 East Arlington St., Suite T

Greenville, NC 27834

252-439-1900 Fax: 252-439-1993

1-800-697-3115

Visit our website:

www.bianc.net

Membership in the Brain Injury Association of North Carolina provides an opportunity for **you** to demonstrate your interest in and support for survivors and families in North Carolina. Who should join? **Brain injury survivors, family members, friends, nurses, doctors, therapists, rehabilitation specialists, case managers, attorneys, other professionals, and organizations** that work with individuals who have had brain injuries.

Benefits of membership include: discounted registration for events sponsored by the Brain Injury Association of North Carolina, and subscription to the *Starting Point* newsletter. All membership fees to this non-profit organization are tax-deductible.

- **Basic Membership** is \$38 a year. Includes all benefits above. No survivor or family will be denied membership due to finances. A reduced rate is available.
- **Executive Membership** is \$100 a year. Includes the additional benefit of recognition in BIANC's publications.
- **Platinum Membership** includes all of the above benefits, as well as a certificate suitable for framing and recognition on our website, which receives over 3000 visitors each month, for \$250 each year.
- **Corporate Sponsor Programs** are also available. These include all of the above benefits plus advertising space in BIANC publications, tickets to the annual golf tournament, and sponsorship of campers at the survivor's retreat. Contact BIANC for more information.

Our financial viability is largely dependent upon the generosity of our members. You can help now by becoming a member. Join by completing and returning the membership form below.

Membership Form

- Basic individual membership.....\$38/yr
 Platinum membership.....\$250/yr

- Executive membership.....\$100/yr
 Please send me an information packet on the Corporate Sponsorship Program

Name

Company

Address

City State Zip Code

E-mail

Telephone

I am a: Survivor Family member Professional

Other

Card No. _____ Exp: _____
 Master Card Visa Check enclosed.

Send to: Brain Injury Association of North Carol
PO Box 10912, Raleigh, NC 27605

Notes about the



March is Brain Injury Awareness Month and in March 2008 BIANC will once again stage Walk & Roll-a-thons at locations across the state. Plans are already underway to make these events successful. A time in action calendar was created, meetings are being held, vendors contacted, venues determined and materials developed.

The Walk & Roll-a-thons serve many purposes. They create awareness, promote a sense of community among participants and supporters and raise funds that BIANC uses to support persons and their families through the BIANC membership program, support group development, legislative advocacy toward improving services, survivor and family camp at Camp Carefree. Income from the walks also helps with providing information and resource materials for the Family and Community Support Offices, updating and maintaining the BIANC website and providing training for professionals, caregivers and support group leaders.

The March 2007, walks were held in five locations across the state; Raleigh, Fayetteville, Asheville, Greenville and the Triad. These walks raised approximately \$32,000 and created a lot of interest in the communities where they were held. In addition to the 2007 locations, plans are underway to add another walk for 2008 in the southern Piedmont area. The addition of a walk in Shelby will make it easier for those who live in the areas around Charlotte, Gastonia, Concord and adjacent communities to participate.

There are things that Support Group Leaders can do to insure that these walks are a success. It is not too early to start to plan for your group to participate in the closest walk. Here is what you can do:

- **Talk it up!** Tell your group participants about the planning process. Let them know that March is Brain Injury Awareness Month and that BIANC is already working on putting together awareness activities, including the Walk & Roll-a-thons.
- **Encourage them to think about sponsors.** Sponsors will be needed for the events as well as individual sponsors for those who walk or roll.

Event Sponsors: Try to identify businesses within your community who may be willing to contribute toward the cost of holding the events. There are benefits to businesses that contribute toward sponsoring or partnering a walk.

Personal Sponsors: Think about family, friends and acquaintances who may be willing to donate toward sponsoring an individual who will be participating in the event. Several individuals raised over \$800 in personal sponsorship for the March 2007 Walk & Roll-a-thon.

- **Encourage participation.** Encourage participation on an individual level. Locate the nearest Walk & Roll-a-thon site and think about ways to make it happen. Pre-plan such things as transportation, awareness themes, a group logo or other methods to create a "team" spirit.



**March 2008 is Brain Injury Awareness Month
Make Plans NOW to participate in the Brain
Injury Association of NC
Walk & Roll-a-thon in your area.**

**For information call
1-800-377-1464**

Facts about Traumatic Brain Injury

What is a traumatic brain injury?

A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from "mild," i.e., a brief change in mental status or consciousness to "severe," i.e., an extended period of unconsciousness or amnesia after the injury. A TBI can result in short or long-term problems with independent function.

How many people have TBI?

Of the 1.4 million who sustain a TBI each year in the United States:

50,000 die;

235,000 are hospitalized; and

1.1 million are treated and released from an emergency department.

The number of people with TBI who are not seen in an emergency department or who receive no care is unknown.

What causes TBI?

The leading causes of TBI are:

Falls (28%);

Motor vehicle-traffic crashes (20%);

Struck by/against events (19%); and

Assaults (11%).

Blasts are a leading cause of TBI for active duty military personnel in war zones.

Who is at highest risk for TBI?

Males are about 1.5 times as likely as females to sustain a TBI.

The two age groups at highest risk for TBI are 0 to 4 year olds and 15 to 19 year olds.

Certain military duties (e.g., paratrooper) increase the risk of sustaining a TBI.

African Americans have the highest death rate from TBI.

What are the costs of TBI?

Direct medical costs and indirect costs such as lost productivity of TBI totaled an estimated \$60 billion in the United States in 2000.

What are the long-term consequences of TBI?

The Centers for Disease Control and Prevention estimates that at least 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living as a result of a TBI. According to one study, about 40% of those hospitalized with a TBI had at least one unmet need for services one year after their injury. The most frequent unmet needs were:

Improving memory and problem solving;

Managing stress and emotional upsets;

Controlling one's temper; and

Improving one's job skills. TBI can cause a wide range of functional changes affecting thinking, language, learning, emotions, behavior, and/or sensation. It can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease,

Parkinson's disease, and other brain disorders that become more prevalent with age.

Link to this and other Center for Disease Control information at www.biausa.org

Carolinas Rehabilitation



Project STAR
Carolinas Rehabilitation
1100 Blythe Boulevard
Charlotte, North Carolina 28203