



Celebrating 10 years, from left to right: Karen Brown, BIS Executive Director, Maricela Barroso, Coordinator of the Pediatric Program during its first year, and Betsy Zeigler, BIS Program Director for Child and Adolescent Services.

## BIS Celebrates 10th Anniversary of Child and Adolescent Program

On November 16th Brain Injury Services celebrated the 10th Anniversary of the Child and Adolescent Program. Guests from many agencies joined the BIS staff for a Fall-themed luncheon. Maricela Barroso, who coordinated the Program in its first year, was on hand along with Jo Thompson and Brooke Annessa (Pediatric Case Managers) and Betsy Zeigler (Program Director). Karen Brown provided a history of the Program's development from a 3-year Commonwealth Neurotrauma Initiative (CNI) grant to an on-going Department with 3 staff members which serves as a model throughout Virginia. Community awareness of the Program continues to grow.

The Child and Adolescent Program recognized two agencies with Key Partner Awards — **Fairfax County Therapeutic Recreation Services** and **Manny's Caring Hands**. Both agencies have played key roles in serving clients of the Pediatric Program. Guests were able to learn about the program by reading client stories which illustrated the unique and varied intervention that is provided through case management services. Along with case management, the Child and Adolescent Program offers a Parent Support Group, a Sibling Support Group (Sibshops), and a bi-annual Conference on Brain Injury in Children and Adolescents. BIS looks forward to many more years of serving children and adolescents who experience the challenge of acquired brain injury.



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**Karen M. Luffred**, Chief Operating Officer

**Constance Miller**, Director of Development

**Lisa Garver**, Director of Programs

**NKenya Lassiter**, Program Director of Adult Case Management Services

**Michelle Thyen**, Program Director of Volunteer Services

**Betsy Zeigler**, Program Director of Child and Adolescent Case Management Services

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## Brain Injury Services

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United Way #8237

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## SPECIAL MESSAGE

*from Quentin*

**Hi! My name is Quentin.** You might remember me from some previous articles in this newsletter. I'm kind of a big deal, because I've been able to do some pretty amazing things thanks to the help of my friends at Brain Injury Services.

You see, I used to live in a nursing home. It was fine, I guess, except I really wanted to know what it was like to be home with my mom and my little brother. But I have a lot of needs so no one was quite sure if I could do it! Then I met Brooke, my case manager at BIS, and she knew I was born to shine! She helped the nursing home and my mom get a plan together to get me home. Did you know I've been living at home for two years now, and I haven't even been sick ONCE!

And, just a few months ago, after Brooke and my mom worked really hard, I started going to school! That's right! For the first time in my whole life, I got to ride the school bus and meet my first teacher and all my new friends! I've only been in school for two months, but my teachers and therapists there are so impressed!

If it wasn't for BIS, none of this would have happened! Can you imagine? I'd still be laying in a nursing home! But instead I'm home with my family where I can go on walks with my mom and hang out in my bean bag with my brother. Instead of spending every day in the same place, I am on the move — it's so exciting!

I'm so glad I have had the opportunity to do all these things. I really need BIS, and so do all my friends who work with them, and my friends who are still waiting on a waitlist to work with them. Can you help make sure that BIS can continue to help me? Can you help them be able to help my friends who are still waiting for their chance to shine, too?

Unfortunately not everyone knows just how important BIS is — and it's our job to tell them! BIS is facing nearly \$80,000 in cuts! Can you believe it? Brain Injury Survivors like me already get very few services, and now they want to cut the only one we have! We need MORE funding, not less!

So please, take a moment to help me and my friends by doing the following:

**1. Go here:** <http://conview.state.va.us/whosmy.nsf/main?openform>

**2. Enter your address**

**3. Tell your story.** If you're a fellow survivor, tell them what BIS has done for you! If you're a family member, friend, professional, tell them what you know about BIS and how important it is! The message is simple!

Thousands of survivors of brain injury depend on Brain Injury Services, and hundreds are waiting for an opportunity to have those same services! Cuts to an already underfunded system would be devastating! We need more funding to reach the people still desperately waiting for services!

Don't balance the budget on the backs of the brain injury community!



**Teresa (Mother), Mrs. Goldsung (Teacher), and Brooke (Case Manager, BIS) with Quentin on his very first day of school!**

# New BIS Prince William County Office Opens

Thanks to the Potomac Health Foundation, BIS was granted the funds this fall to open a new office and offer a unique program for brain injury survivors with mental health concerns. The program is a model for helping individuals, dually diagnosed with complications from a brain injury and significant neurobehavioral issues, to access services that can adequately address their needs. While this program is for Prince William residents, what we learn over the next several years will be helpful for survivors across the Commonwealth.

**One of Potomac Health Foundation's** goals is to support organizations and projects that promote innovation and address emerging health needs in the community. BIS is offering just such a model. Potomac Health Foundation is one of the newest private health foundations in the Commonwealth of Virginia. It was established in 2009 as a result of the merger between Potomac Hospital Corporation of Woodbridge, Virginia and Sentara Healthcare, also a Virginia not-for-profit corporation. Potomac Health Foundation serves the communities in eastern Prince William County, Virginia and adjacent communities in southeast Fairfax and

north Stafford Counties.

**In 2007**, the Virginia Joint Legislative Audit and Review Commission report, *Access to State Funded Brain Injury Services*, concluded that thousands of survivors suffer from behavioral issues as a result of their brain injuries. Virginia survivors often end up receiving treatment out of state, and many more are inappropriately placed in long term care or correctional facilities. Failing to address these complex behavioral issues often results in costly and inappropriate use of the emergency room, and places individuals at risk of being admitted to psychiatric hospitals. Upon discharge, they often repeat the same behaviors and the cycle begins anew. BIS now has a way to provide help through these critical services.

**Conveniently located** at 4143 Ridgewood Center Drive near the Greater Prince William Community Health Center, BIS has two new staff members on location, Denise Newby and Sara Aly. Denise is the program's new clinical therapist and Sara is the clinical case manager. Another partner in this endeavor is Dr. Alec Lebedun, Neuropsychologist, who will provide clinical oversight and some direct services under the auspices of this new model. An open house is planned for March.

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## Check Out Our New Website!

**For many years**, we have wanted to redesign our website to make it more user-friendly and interactive with the public. With the help of many board members, especially Catherine Thomas of Kinetex Technology, we were finally able to make the dream come true!

**Levent Gurses, President of 64clicks**, stated, "When BIS first approached us regarding the redesign of their website, I knew immediately that this was going to be an exciting and rewarding experience. It was an opportunity to help build a website that was going to become a bridge between their dedicated staff and the community." Karen Brown, BIS Executive Director, added, "Levent, using his amazing creative talents, was able to transform our old 'boring' website into a dynamic, interactive, inviting site that portrays the real mission of this organization: helping people."

On your first visit to the new site, you will immediately be welcomed by the friendly faces of some of our clients. The new site looks more contemporary, is simple to navigate and is also easy for BIS to manage. Everything you want to know about BIS can easily be found: news and events, survivor stories, program information, ways to help, and so much more. There are new photo galleries where you can view scenes from past BIS events, plus You Tube videos and Facebook are integrated right into the site to increase social engagement. There is even a blog where BIS staff will share ideas and events with the community. We hope you'll visit [www.braininjurysvcs.org](http://www.braininjurysvcs.org) soon and connect with us in new ways!



# CLUBHOUSE NEWS

## ADAPT CLUBHOUSE



**My name is Jennifer H.** I have been a member of the ADAPT Clubhouse for two years now. I recently got my first job at Best Buy. My position is the Representative Two on the Sales Operation Team.

If you call Best Buy to buy something or check to see if something is in stock. I am the person on the other line you will be speaking to. I will process everything for you over the computer so you don't have to come into the store. I was lucky to get this job for the holiday season. I was very excited to start my new job.

As I trained for this position I realized memorizing the computer system was very difficult. After surviving four strokes starting at the age of 14, there are times I have difficulty with comprehension and remembering extensive instructions. Upon speaking with my supervisor, Jennifer, I spoke with her about my strokes and how I need detailed information on how to carry out the position. I explained to her how memorizing functions were very difficult and emotionally affecting me. She understood and moved me to a cashier position. Working as a Cashier I was automatically nervous about doing the math, so I was in charge of accepting all credit cards, no cash, no gift cards.

I stayed at the credit card only machine for Black Friday, so I needed to be fast and keep up my pace. My coworkers asked me why I don't work at a cash register for cash after working there for so long. I explained to them about my brain injury and they all understood. After our conversation they were all accommodating of my needs. Best Buy understood my personal needs; my supervisors understood that I struggled with math. You would think a calculator would fix all my issues but when you have to subtract change and make sure your drawer is correct, everyday was very difficult for me.

ADAPT has prepared me for this position by giving me the confidence to execute various tasks. I have learned many strategies to cope with my brain injury by attending ADAPT two days a week. ADAPT has given me the work ethic, the endurance, the experience of getting up early in the morning, getting dressed and being prepared to go to work. ADAPT has also given me the strength to socialize

with people about my brain injury. I am now more open and honest about my injury and not ashamed to educate or inform people about how my brain injury affects me.

## WESTWOOD CLUBHOUSE

**This fall**, the Westwood Clubhouse welcomed a new face to our clubhouse team! Rebecca Miller has joined the staff as a part time unit coordinator for the Communications/Business Unit. Rebecca has experience providing numerous services to veterans and their families in Georgia. Rebecca guides members through communication tasks and computer instruction.

**The Clubhouse** would like to thank all members and family that participated in the 8th Annual Kit Callahan's Miracle Mile. Continuing our trend, three more members joined the event for the first time. The clubhouse enjoys having a clubhouse volunteer, Rashawn, helping members in both units. Rashawn continues to explore her occupational therapy and disability service vocational goals through her activities with the clubhouse.

**In Clubhouse unit news**, the kitchen unit hosted a series of three workshops on "affordable nutrition" over the fall. All members that participated were presented with certificates, a heart-healthy cookbook and other goodies from the Virginia Cooperative Extension Office. Members shared that they loved the workshop material and free samples! This Thanksgiving, we hosted our largest number yet for our annual Thanksgiving meal for the members, family, and caregivers. Thank you to all who attended and donated! The kitchen unit also prepared a Holiday open house in December, during which members brought their favorite dishes and enjoyed sharing their wishes and plans for the Holiday and the upcoming New Year.

**The communications unit** has started a new system for labels for our unit monthly calendar, unit tasks, and unit storage cabinet. The calendar has color-coded letters for different types of days, such as outreach and social days. This gives members a better overview of the entire month. Tasks are also color-coded by daily, weekly, or monthly tasks, which help the unit stay organized and keep up with weekly and monthly tasks.

## 400+ Participate in 8th Annual Miracle Mile Event



**Kit Callahan's Miracle Mile** is an annual fundraising event which invites the community to join survivors of brain injury in celebration of their many accomplish-

ments. On September 18, 2011, over 400 people participated in the 10K, 2-Mile and Fun Run events held at George Mason University. The event also serves as a venue to educate the general public about brain injury and prevention.

**Inspired by Kit Callahan's desire** to walk and run after his brain injury, the event was created in 2001. In gratitude for the difference BIS made in his recovery, the Callahan family designated BIS as the beneficiary of funds raised by this event. This year, the event raised \$18,000.

We are grateful to our 2011 Sponsors: **Access National Bank, BB&T Bank, The Center for Neuroscience and Regenerative Medicine**; Supporters: **Andrews Federal Credit Union, PowerBar®, National Road Racing League and Metro Run & Walk, Howard Ackerman Law, Gregg Modesitt, CPA, and Barbara Williams, Esquire**. Special thanks to our participating Board Members, Karen Luffred and all our dedicated staff and volunteers.

## BIS Volunteer Helps FACETS Help Others



**Scott Anderson, BIS Volunteer, sorts at the FACETS food pantry with help from Stacy Boden, FACETS Development Coordinator**

**When he came back to FACETS** from the holidays, Scott Anderson was stunned by the view in front of him; many boxes of donated items. He cleared all the donations before the holiday, but more donations were in the room, which meant that he had a lot of work ahead of him. He immediately said to himself, "That's good, though," and started to organize the items in the boxes.

As part of the BIS Volunteer Placement Program, Scott has been a food pantry volunteer for FACETS since April 2011. Scott's main job is to keep all donations organized on the shelves so that case managers can grab whatever they need for their clients. He also makes sure every donated item is in good condition. Despite his speech impairment and physical limitation, Scott takes great care of all donated items and keeps the pantry neat and organized. Stacy Boden, Development Coordinator with FACETS, states, "We call it Scott's pantry." She appreciates Scott's hard work and dedication to the organization. Mary Supley Foxworth, Assistant Director of Development, says, "It's just that we feel lucky to have Scott as a volunteer and know that we can count on his hard work, attention to detail, and cheerful and generous nature."

FACETS is a nonprofit agency opening doors for parents, their children, and individuals who suffer the effects of poverty — so often unnoticed — in Fairfax County. FACETS has been a great community partner with the BIS Volunteer Placement Program as well as a great resource for the BIS Case Management programs, and we hope to keep working together to open more doors for those we both serve.

Thank you very much, Scott, for all of your dedication to FACETS and building a bridge between BIS and FACETS.

*Announcing the Ninth Annual*  
**Brain Injury Services  
Charity Golf Tournament**

**Monday, May 21, 2012**  
**International Country Club, Fairfax, VA**

**New Location!**

**A GREAT DAY...**  
18 holes on a premier Northern Virginia course, prize challenges, reception, dinner, and a live auction.

**A GREAT CAUSE...**  
Choose from a wide range of sponsorships and benefits!

**REGISTER TODAY!**  
<http://braininjurysvcs.org/news-events/golf-tournament>  
or contact Constance Miller at 703-451-8881 or [cmiller@braininjurysvcs.org](mailto:cmiller@braininjurysvcs.org).

# MFP Project Helps BIS Provide Support so Clients Can Continue to Heal in Their Own Communities

*Brain Injury Services is contracted with Virginia Medicaid to provide transitional coordination services for participants of the Money Follows the Person project. Money Follows the Person provides residents of nursing homes the opportunity to return to the community with physical and financial supports, and case management. Following is one recent success story.*

Mr. J. sustained a stroke (Right CVA) resulting in left sided weakness in his arm and leg in July 2009. He was transferred from acute rehabilitation to Manor Care Arlington in September 2009 for additional rehabilitation care, and then to the long term care unit of the facility.

Mr. J., who was 43 years old at the time, was referred to Brain Injury Services in July 2010. BIS Case Manager Gail Bothwell met with Mr. J and his family in the nursing home. Mr. J. stated that he wanted to leave the nursing home and return to the community. Gail identified a number of barriers that prevented Mr. J. from returning to the community. Most of his mobility was with a wheelchair, and he required significant assistance with his personal care. Gail identified that though Mr. J.'s physical needs were apparent, it was very difficult to identify his cognitive strengths and weaknesses, such as memory, reasoning, problem solving and the ability to be in his home without supervision.

Dr. Alec Lebedun provided Neuropsychological testing for Mr. J., which was funded by BIS. In the follow-up meeting to review testing results with Mr. J., his mother and Gail, Dr. Lebedun reported that although Mr. J. needed help with setting up a daily routine, he was cognitively capable of being left alone outside of assistance provided by his family and the Medicaid personal care waiver services it was anticipated that he would be eligible for.

To address concerns of Mr. J. being able to manage his medical needs, Gail coordinated with the long term care facility's social worker, Rachel Nachtigall, to have the nursing staff there work with Mr. J. to demonstrate

knowledge of when to take his medication, and help with preparation for Mr. J. to live in the community.

Rachel also met with Mr. J., the physical therapist and Gail to plan for care needs and medical equipment.

Mr. J. and his mother located a handicap-accessible apartment. Gail made recommendations for modifications to the apartment prior to move-in, and she returned to tour the apartment after modifications were made to determine if everything was in place. Gail and Rachel coordinated with agencies in the community to provide for Mr. J.'s home health therapy, nursing services, medical equipment and personal care services

at discharge through the Medicaid waiver. Gail sought and received approval for Money Follows the Person for Mr. J. Through this funding source, Mr. J. was able to purchase the items he needed to set up living in the community again, including the security deposit for his apartment, basic clothing, furniture, household items such as utensils and a phone, and appliances such as a vacuum cleaner and microwave.

Mr. J. returned to the community on December 15, 2011. Brain Injury Services continued to support him by helping to establish transportation services and other resources in the community that he needed, such as outpatient therapy after he had completed his home health therapy program, and physician specialists that were Medicaid providers. When his physical therapist recommended a custom-fit, ankle/foot orthotic, Gail obtained authorization to cover the expense through the technology assistance portion of MFP.

Mr. J. continues to make progress. His next step is to attend the ADAPT program. His plan for the future is to return to work part-time.

In a recent visit with Mr. J. in his home, he stated that he feels "blessed to be back on my own again." Mr. J. looks forward to his future, and expects to continue to progress towards the goals in his life.



**Mr. J. feels blessed to be back on his own again.**

## VOLUNTEER CORNER

**WELCOME to the BIS Volunteer Program Family!**

### PALS

(Providing a Link for Survivors)

Arun Nair & Sergei Sivolobov  
Lindsay Colosi & Mary Ann Beall  
Kenya Hameed & LaToya Johnson  
Lorna Walters & Theresa Rankin  
Irene Moore & Joe McQuail  
Lindsay Mauritzen & Allison Arndt  
Ina Strichartz & Vanessa Hatcher  
Diana Tyurina & Danitza Radichevich/  
Lisa Sweezey

*Would you like to volunteer?  
Contact Michelle Thyen, Director  
of Volunteer Programs at  
703-451-8881, ext. 232 or  
mthyen@braininjurysvcs.org*

## STAFF NOTES

BIS would like to welcome the following new employees:

- **Julianne Berg,** Case Manager at the Leesburg office



Denise Newby

- **Denise Newby,** Clinical Therapist, and **Sara Aly,** Clinical Case Manager at the Prince William Office



Kimberlee Baugh

- **Kimberlee Baugh,** Unit Coordinator, and **Benjamin Hogge,** Unit Coordinator at the ADAPT Clubhouse



Benjamin Hogge

- **Rebecca Miller,** Unit Coordinator at the Westwood Clubhouse

## PALS Enjoy Jewelry-Making Event

**On Sunday, December 22, 2011,** 12 members of the PALS program gathered to try their hand at jewelry-making! The event was in Haymarket at the home of person-centered volunteer Lisa Hewes.

Melanie Mitchell, owner of Me-Me Marie Jewelry Designs, taught the class and donated her time and supplies for this wonderful session. She worked with the matches every step of the way, providing insight and suggestions for how a necklace is created. Bowls of beautiful glass beads were passed around and the volunteers and consumers alike found the experience to be very therapeutic. Each participant had a necklace board on which to layout their necklace designs. As the matches snacked on appetizers, Melanie was then able to help latch the necklaces and place clasps on them. Each consumer was able to walk away with a necklace for a friend or family member. Volunteer PAL Arun Nair was so excited to be making a necklace for his daughter Marishka. PALS consumer Lisa Sweezey said during the event that working with beads was one of the first things she felt comfortable accomplishing after her injury.



**PALS match Lisa Sweezey and Diana Tyurina.**

A huge thank you to Lisa for hosting the event, to Melanie for teaching the class and to those matches who attended. It was such a success that BIS hopes to invite Melanie for future events and classes in beading.

## Speaker's Bureau Success Grows

**The Speaker's Bureau** kicked off the fall season with new members including Michael Johnson, John Gould, Rick Shirley, Sadie Yates and Stephen Mikalski. Toni Popkin debuted her first speaking engagement at Northern Virginia Community College, Annandale campus. Sadie Yates made her first presentation at a United Way partner agency bank, First Union Market Bank.



**Speaker's Bureau member Mike Rosner (left) tells his story to Loudoun Independence Center staff and Loudoun Parent Resource Center members.**

Other speaking engagements included Mount Vernon Hospital BRIDGE program, Dominion Gas and Electric, Argosy University, Lundsford Middle School, the Recovery Group at the Mott Center and the FDA charity fair. According to BIS Chief Operating Officer Karen Luffred, United Way contributions may reach an all time high, due in large part to the efforts of the speaker's bureau members during the United Way campaign kick off season.

For more information about Speaker's Bureau, please contact Michelle Thyen at [mthyen@braininjurysvcs.org](mailto:mthyen@braininjurysvcs.org).

More detailed event information can be found at [www.braininjurysvcs.org](http://www.braininjurysvcs.org)

## UPCOMING EVENTS

**Feb. 27, 2012**

**ADAPT Clubhouse Fundraiser**

All Glory Days Grill locations. Dine at Glory Days Grill and they will contribute **10%** of your total food purchases to ADAPT. Ask your server for a copy of your **guest check** or **itemized receipt** (not credit card receipt) and mail it to: **ADAPT Clubhouse, 4100 Mohawk Lane, Alexandria, VA 22309**. Contact Keith at ADAPT Clubhouse: 703-799-9401. See fundraiser rules at [www.GloryDaysGrill.com](http://www.GloryDaysGrill.com)

**March 28, 2012**

**Annual Volunteer Awards Reception: Volunteers Make a World of Difference.**

Celebrating a decade of volunteer service. *Waterford at Springfield, Springfield, VA.*  
For more information contact Michelle Thyen at 703-451-8881 ext. 232 or [mthyen@braininjurysvcs.org](mailto:mthyen@braininjurysvcs.org).

**May 3-4, 2012**

**36th Annual Conference: Rehabilitation of the Adult & Child with Brain Injury**

*The Hospitality House, Williamsburg, VA.* Register or find more info at [www.tbiconferences.org](http://www.tbiconferences.org).

**May 21, 2012**

**9th Annual Brain Injury Services Charity Golf Tournament**

*International Country Club, Fairfax, VA.* See page 5. Contact: Constance Miller at 703-451-8881.

**Go Green AND Help BIS!** Would you like to receive our newsletter by email? By doing so, you will help the environment AND you will support BIS by saving us paper and postage costs. To start your electronic subscription, please contact Constance Miller at 703-451-8881 ext. 242, or email [cmiller@braininjurysvcs.org](mailto:cmiller@braininjurysvcs.org).

*We Need YOU! Please visit [www.braininjurysvcs.org](http://www.braininjurysvcs.org) to donate or find other ways to support our mission.*

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