

BrainStorm

*Serving persons with brain injury,
their families and professionals*



**Brain Injury
Association
of Arizona**

(a chartered affiliate of the brain injury association, inc.)

Summer 2006

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Message from Executive Director

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

– Margaret Mead

As expected, this has been a busy first part of the year for me in this new position. Thank you to everyone in this wonderful community for making me feel so welcome and being patient with my learning curve on the Arizona systems. Thank you also to those of you that have answered endless questions from my inquisitive mind and for those agencies and providers that have allowed me to tour your facilities and for helping me get that much closer to understanding the systems that are in place.

Since January, the BIAAZ has seen an increase in calls through the Information and Referral service, the beginning of a new chapter in Maricopa County, a board approval to increase monetary support for brain injury support groups, the implementation of a strategic plan that gives the BIAAZ direction for the next year, and countless man hours from volunteers. Thanks to our Board of Directors, committee members and others in the community who want to be a part of this agency, not to mention the dedicated staff of the BIAAZ, who



put their hearts and souls into everything they do.

As things progress and we update our members on the new things happening and it's something you want to be a part of, I hope you'll take that first step and give the BIAAZ a call. We will need your strength, experience and time in the months to come to help the association succeed. Volunteer and give whatever time you can manage. Every hour makes a difference.

The momentum is growing every day. This small association is destined to do great things and I am excited to be a part of it. This is your association and I hope you'll take advantage of opportunities to give us your input on how the future of the BIAAZ is going to progress.

— **Mattie Cummins**

**Save
The
Date**



BIAAZ

Open House, 2:30 to 6:30 PM

September 7, 2006

777 E. Missouri Ave., Suite 101

Phoenix, AZ 85014

Bike Rodeo

October 21, 2006

Tucson

Letter from the President

Information about brain injury was once something that families were forced to find themselves. When information was given, families would say that this information was at best marginally useful, and that they were learning about brain injury right along with the doctors. They tried to find anyone who knew anything at all about brain injury.

This was the climate in which the Brain Injury of America was formed. This small organization was family oriented, family driven, and family led. Marilyn Spivak, the mother of a young woman with a brain injury, led a group of caring people in this advocacy effort. In the years that followed, awareness about brain injury spread, prevention efforts grew, and information is now more available to families through state affiliates such as the Brain Injury Association of Arizona.

The Brain Injury Association of Arizona (BIAAZ) as the state chapter affiliate of the Brain Injury Association of America provides information, resources and

referral for survivors of brain injury (TBI) and their families throughout the state of Arizona. Our small staff manages a toll-free help line for families, providing them with information, printed information, and referrals to rehabilitation professionals. This year there has been a 53% increase for printed material, and to date 26,000 unique visitors to our website. Our staff, working side by side with our wonderful volunteers also writes and distributes a quarterly newsletter to over 900 members, and hold two fundraising events during the year.

Since November 2004, I have served as the President of the Board of Directors of the Brain Injury Association of Arizona. It has been an incredible and humbling experience to share this work with such dedicated and passionate individuals as Mattie Cummins, Jeanne Anderson, Dawn Turnage, and Ardith Despain. Our association is very lucky to have such a wonderful staff. The lifeblood of our organization is our volunteers. I have shared the leadership of

the BIAAZ with a group of caring and talented people who comprise the Board of Directors of the Brain Injury Association of Arizona. They work to provide a strong structure, advocate for continued funding, and work to focus activities and spend the money in such a way as it continues to provide help to families in the most efficient way.

We also are blessed with many volunteers, and all of their work is so important. They might lead support groups, run our two chapters, help on one of our many committees and fundraising events, or help in the office.

I would like to take this time to personally thank each one of you for your personal contribution to the individuals, families, and professionals that you serve through the work of the Brain Injury Association of Arizona. I would like you to know that I appreciate your work and believe that it is creating a better future for people with brain injuries and their families.

— *Theresa Armstrong, MA*

Scottsdale Gets the Smart Card

Scottsdale Community Partnership in cooperation with local first responders (Police, Fire and EMS) have created a program which offers training for first responders on how to better recognize and respond to the needs of an individual with special needs. It also provides training for parents and providers on when to call first responders and what happens once the call is made. When you register for the Smart Card Program, first responders are alerted when a call is made to look for a Smart Card on the premises.

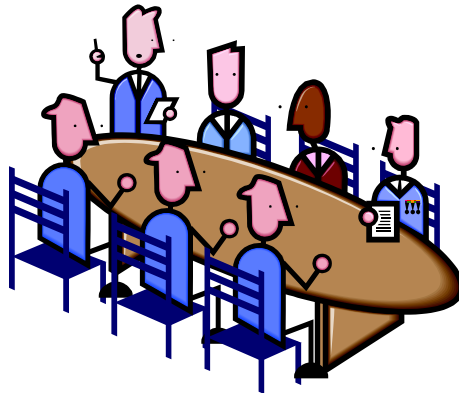
The Smart Card is a universal form, displayed at your residence that provides critical information to first responders concerning an individual with special needs. The only information needed to register for the Smart Card program is your name and ad-

dress. Scottsdale Community Partnership maintains a strict confidentiality policy and shares this information only with local responders.

The Smart Card Program was initially developed by the Tri-City Partnership in Prescott Valley. Currently, Scottsdale, and the Tri-City area (City of Prescott, Town of Prescott Valley, Town of Chino Valley and the unincorporated areas of Western Yavapai County surrounding those communities) have the Smart Card Program. For more information on the Smart Card Program in Scottsdale contact Natalie Summit with Scottsdale Police Department at 480-312-CARD. In the Tri-City area contact Tri-City Partnership at 772-5048 or email tricitypartners@cableone.net.

BIAAZ Committees Go to Work

The BIAAZ committees have been meeting regularly to begin addressing goals set in the strategic plan in January. The committees meet and plan how to reach the goals, make recommendations to the board, and then work to carry out those goals identified. The committee chairs, members and the Executive Director have been meeting regularly:



Education Committee:

Co-chairs: Tamara Valvodich McLeod, Sonali Alfredo

Members: Mark Weiss, Danielle Puentedera, Lynne Greenspan, Marcia Mueller Frost

Actions: The Education Committee will begin planning a second sports concussion conference for 2007. The last conference was a success and addressed the issue of prevention of brain injuries in the sports field. This committee is currently discussing working with other organizations to complete a TBI 101 course for families and survivors, in addition to partnering with other non-profits to address prevention and awareness activities in the school system.

Programs & Chapters

Committee:

Chair: Mary Bradley

Members: Clayton Guffey, Sharon Phillips, Dave Farney, Debra Stibick

Actions: Over the past several months, the Programs and Chapters Committee has been working on exciting tasks from the strategic plan. Some of these include the formation of the Maricopa County Chapter and expanding support groups throughout the state. The Maricopa County Chapter was established on May 18, 2006. Four individuals agreed to the interim officer positions: Cecilia Zoltanski, President; Alicia

Hernandez, Vice President; Penny Reemer, Secretary; and Tari Joyce, Treasurer. The chapter will be scheduling a meeting in September to begin working on goals identified: increasing support groups, education, advocacy and social networking opportunities. The Programs and Chapter Committee is also working to develop support groups and identify key individuals to facilitate these groups. Mattie Cummins is currently working on identifying a facilitator in Kingman to begin a support group in that area. Possible future areas that the committee will begin planning include a mentor program and an emergency fund.

Fundraising Committee:

Chair: Theresa Armstrong

Members: Sonali Alfredo, Beverly Odom, Sandra Holt, Jan Bonnett

Action: The fundraising committee has recommended to the board to form a sub-group for the 2007 annual fundraising dinner and silent auction. A separate committee is formed to begin this task with Sonali Alfredo as the chair, and members Alicia Hernandez, LaRae Belamenti, Carol Takao, Meg Black and Cindy Sullivan. In addition, the Fundraising Committee will begin looking at possibly complet-

ing a second fundraising activity in 2006.

By-Laws Committee:

Chair: Dave Farney

Members: Lisa Wynn, Mark Weiss

Action: This committee is currently reviewing by-laws and will recommend any changes in the document to the members prior to the annual meeting.

Nominations Committee:

Chair: Sharon Phillips

Members: Theresa Armstrong

Action: The Nominations Committee has filled two open board positions since January with the following appointments: Sonali Alfredo and Carol Takao. Sonali and Carol will then be on the slate for elections at the annual meeting. The members also developed a Board of Directors' orientation to assist new board members with receiving the information needed to be an effective board member.

Finance Committee:

Chair: Sharon Phillips

Member: Franki Diaz

Action: The Finance Committee recommended, and received approval of, the 2006-2007 BIAAZ budget. This committee also reviews financial statements of the organization.

Thank you to the committees for your time and dedication in assisting the BIAAZ in reaching identified goals. For any questions, further information, or to request to be on a committee, please call Mattie at 602-508-8024 or email her at mattie@biaaz.org.

Maricopa Chapter Family Picnic

In May the Maricopa Chapter hosted a Family Picnic in Scottsdale. The day was filled with lots of fun and food. Some who attended spent time feeding the ducks and playing with toy squirt guns which sparked lots of giggles. It was a fun day and everyone is looking forward to meeting again at the other upcoming events hosted by the Maricopa Chapter.



Maricopa Chapter

Cecile C. Zoltanski, President of the Maricopa County Chapter will host a very nice, fun after-work meeting.

**Tuesday, Sept. 12, 2006
5:30 to 6:30 PM**

Agenda will include planning events which are important to The Maricopa County Chapter of BIAAZ. All are welcome.

Location: MetLife
7720 North 16th Street, Suite 380
Phoenix, AZ 85020
*excellent parking, easy-to-find location;
just north of the Hilton Pointe

Delicious light snacks and beverages will be served. A BIAAZ host will meet attendees and guests at the door. Space is limited. Please reserve your spot by calling (602) 808-9500.

Current activities planned for the Maricopa Chapter include:

August - Arizona Science Center

September- Free Music Concert

October- Bingo Night

November- Pottery Painting

December- Holiday Potluck/Party

Dates and details to be Announced soon.



Tucson Chapter

Here's a quick review of social events organized by the Tucson Chapter in recent months. In March, survivors celebrated Brain Injury Awareness Month and St. Patrick's Day by going to a Sunday brunch at Golden Corral. In April, Jack Kriendler organized a "Canoe Paddling Event" held at Silverbell Lake. To his surprise the Executive Board and general members took this opportunity to celebrate Jack's long-time contributions to our organization. He received an engraved glass sculpture and many pats on the back! In May, our group returned to Reid Park to listen to Music Under the Stars. This event marked our two year anniversary as an official chapter. Check out the website or come to a meeting to find out about future social activities!

To address our mission in the area of prevention, we were actively involved in the Foothills Mall's Health and Safety Fair on May 13th sharing literature and demonstrating

the importance of helmets. We are excited to announce another Tucson Chapter prevention activity to be held on October 21, 2006.

We are hosting an Extreme Bicycle Rodeo, for youth ages 8-18, at the Tucson Mall. We

have engaged a professional stunt bicycle rider to demonstrate just how "cool" helmets can be! Other highlights include giving out helmets, teaching proper fitting of helmets, tricycle races, and having a child survivor share his/her experience. **Mark your calendars!**

We recently filled two important positions on the Tucson Chapter Executive Board. Shelley Regan agreed to take on the position of Secretary and Debra Stibick is our new State Liaison. We are also pleased to announce a donation from KB Homes to our Chapter.

We would like to thank our speakers at recent meetings including: Sarah Orjada on Neuroanatomy in March, Al Zulli and Tom Prescott, Vocational Rehabilitation Counselors and TBI specialists, for the Department of Vocational Rehabilitation, in April, and Shelley Regan, PT, speaking about Options in Physical Therapy in TBI in May. The speakers all received great praise and many questions! Another highlight of the April meeting was that our Executive Director, Mattie Cummins, joined us in Tucson and shared her ideas and plans for the BIAAZ. We are grateful to the state office for the donation of a computer for our resource center.

Note: The July general meeting is cancelled due to low attendance in the summer and vacation plans. Planned speakers/topics for the fall include a Survivors' Panel and "School Based Issues in Pediatric TBI." Please join us for our next meeting on August 30, 2006.

— Janet L. Hawley, President, Tucson Chapter



Web Stats - Jan. 1 to June 15, 2006

11,930 unique visitors visited the BIAAZ.ORG website.

Information and Referral Stats:

January 1, 2006 to June 15, 2006

How consumers reached us:

1120 Phone Calls
255 via Conferences
120 E-Mails
106 Walked-In the office
9 U.S. Mail



Where Consumers are Contacting Us from:

2 Apache	24 Navaho
26 Cochise	5 Navajo
19 Coconino	247 Pima
2 Greenlee	38 Pinal
985 Maricopa	34 Yavapai
104 Mohave	7 Yuma
34 Yavapai	

Support Group and Chapter Information

BIAAZ-Affiliated Brain Injury Support Groups

Central Arizona

East Valley Support Group

2nd Wed. of month, 4:00-5:30 PM
New Caregivers Group offered simultaneously with survivors group every other month
Church of Resurrection, Room 3,
3201 S. Evergreen Rd., Tempe
Contact: Annette Zaccari 480-421-1431

Northern Arizona

Design Group of TBI

Last Thurs. of month, 5:00-7:00 PM
Crossroads Center @ Prescott
College, Bldg. #215
Contact: Jack Suderman 928-772-2985

Yuma

Yuma TBI Support Group

Last Thursday of month, 7:00 PM
Yuma Rehab Hospital, Quechan Rm.
Contact: Danielle Puentedura
928-726-7466

Non-Affiliated Brain Injury Support Groups

Central Arizona

TBI Survivor Support Group

2nd Monday of month, 7:00 PM
St. Joseph's Hospital, Dining Rm. A&B
350 W. Thomas Rd., Phoenix
Contact: Carolyn Mitchell
602-406-3333

Mild Brain Injury Support Group

2nd & 4th Wed. of month, 5:30 - 7 PM
4545 N. 36th St., #125A, Phoenix
Contact: Mary Jane Trunzo
602-224-0202

Mild Head Injury Support Group

1st & 3rd Wed. of month, 5:30-7:30 PM
Westwind Academy Charter School
2045 W. Northern Ave., Phoenix
Contact: Laura Kuhn 602-403-9998

Aphasia Support Group

3rd Monday of month, 10:30 AM
Banner Thunderbird Medical Center,
Midwest Conf. Room
5555 W. Thunderbird, Glendale
No meetings in June, July and August
Contact: Nancy 602-439-1078

Spanish TBI Support Group

2nd Saturday of the month
Gentiva Rehab Without Walls
7227 N. 16th St., #107, Phoenix
Contact: Diane White
602-943-1012 (call for time)

Grupo del apoyo en Espanol

Cada Segundo, sabado del mes
Gentiva Rehab Without Walls
7227 N. 16th St., #107 Phoenix
del contacto: Diane White
602-943-1012 por tiempo.

TBI Caregiver Support Group

Central Adult Day Center
3118 N. 7th Ave., Phoenix
Call for time
Contact: Lois von Halle
602-672-9234

Brain Tumor Support Group

4th Tues. of month, 6:00 PM
Barrow Neurological Institute,
Rooms 4 & 5
350 W. Thomas Rd., Phoenix
Contact: Research Admin.
602-406-3000

All Neuro-Disability Care Giver Support Group

2nd Mon. of month, 1:00-2:00 PM
St. Joseph's Hospital, Out-Patient
Rehab Bldg.
114 W. Thomas Rd., Phoenix
Contact: Ashley Bridwell
602-406-6688

Southern Arizona

"CHAPS" Survivor Group

Southwest Neuropsychology Assoc.
Every Friday, 11:30 AM-12:30 PM
HealthSouth 2650 N. Wyatt Dr.,
Tucson
Contact: Shannah Biggan
520-320-6230

Carondelet B.I. Support Group

2nd Sat. of month, 10:30 AM – noon
St. Mary's Hospital, Basement -
TREK Room
1601 W. St. Marys Rd., Tucson
Contact: Cecilia Haas 520-873-5248

Carondelet Mild B.I. Support Group

4th Thurs. of month, 4:00-5:30 PM
St. Joseph's Hospital 4th floor Rehab
Conf. Room, 350 N. Wilmot Rd.,
Tucson
Contact: Karen Edman 520-873-3881

Brain Tumor Support Group

2nd Wed. of month, 10:30 AM - noon
UMC-Arizona Cancer Center 4th Floor
1515 N. Campbell, Tucson
Contact: Marsha Drozoff 520-694-
4605 or Anne Breen 520-297-6305

BRICS

A support group for caregivers, family members and friends of people with brain injury
2nd & 4th Wednesday, 5:00 - 6:30 PM
HealthSouth Rehabilitation Institute of
Tucson, 2650 N. Wyatt Drive, east
end of CRS Gym, Tucson, AZ 85712
Contact: Maria Marquine 520-320-6230

Statewide Activity and Information Groups

Central Arizona

TBIG Recreation Group

Weekly recreation & activities for survivors
Every Tues., 6:30-9:00 PM
Devonshire Senior Center
2802 E. Devonshire, Phoenix
Contact: Liz Curran, City of Phoenix,
602-256-3133 (Mon.-Thurs.)

COMPASS Support Group

3rd Friday of month, 2:00-4:00 PM
7375 E. 2nd St., Bldg. 2, Rm. 5,
Scottsdale Sr. Center (for all disabilities)
Contact: Susan DeNova 602-470-1802 x114

VOICE Support Group

2nd Thursday of month, 1:00-4:00 PM
Foothills Branch Library, 19055 N.
57th Ave., Glendale (for all disabilities)
Contact: Clayton Guffey 602-789-
9129 x 207, voice@azdes.com

Chapters

Tucson

PMB 209, 4951 E. Grant, #105, 85712
520-322-4432 (leave voice mail)
Contact: Janet Hawley

Prescott (in development)

Contact: Jack Suderman 928-772-2985

Yuma (in development)

Contact: Danielle Puentedura 928-
726-7466

Phoenix (in development)

Contacts: Cecile Zoltanski
602-332-1307
Penny Jacobson 602-316-9406

A Chapter of the BIAAZ is a group that is involved in activities above and beyond a brain injury support group. This may include recreational activities, prevention projects, public awareness efforts, or legislative advocacy. Generally, the chapter works to effect change in its community as a part of its state and national movement. Chapter and support group meetings should be conducted separately.

Library Books

Our Resource Library has recently obtained some new books and DVD's. Most of our materials in the library are available to purchase or available for check-out. Come on in and see what is on the shelf for you.



New Books:

Brain Injury It is a Journey

Hammond and Guerrier

This manual for families explains consequences of brain injury and gives strategies for changes in survivor's physical abilities, memory, attention, thinking and emotions. Reg. \$25, now \$20.

The Mild Traumatic Brain Injury Workbook

Doug Mason

*Manual for survivors and families on rehabilitation of mild traumatic brain injury, concussion, post concussion syndrome and treating attention, memory and executive functions after mild head trauma and concussion. This is a workbook and will not be available for check-out, but activities may be copied for use at home. \$18.95.

Family Rehabilitation Activity Manual

Messenger and Ziarnek

*Rehabilitation manual with functional activities designed for families for use at home and in the community. Includes sections on behavior, cognition, leisure and daily living. This is a workbook and will not be available for check-out, but activities may be copied for use at home. \$42.00

New DVD's:

Take Two: After Traumatic Brain Injury

*DVD on rehabilitation and educational challenges of three youths with brain injury returning to school.

Life Goes On

*DVD highlights the effects of a brain injury on development by featuring Darnell who was injured as a teenager and Ariel, who was injured as a child.

Concussion- An Educational DVD

*DVD on concussion and post concussion syndrome for students, educators, coaches, school nurses and athletic trainers

New Discs viewed via a Computer:

Brain Injury Partners: Advocacy Skills for Parents *Glang*

*CD-ROM helps families negotiate special education for a child and student with a brain injury in school.

Branches to Recovery

Children's Hospital Los Angeles

*CD-ROM in English and Spanish on rehabilitation of children with brain injuries for families, educators, and rehabilitation therapists..

**Information from LA Publishing.com*

BrainStorm — Summer 2006

Donations and New & Renewing Members

Professional Members

New and Renewing

Don & Jacque Andersen	Paul LaPrade
Page Chancellor Axen	John Larson
Daniel Blackwood	Adele Lightner
Cardee Bonnette Cap	Chester McLaughlin
Susan Borgaro	Sarah Orjada
William Cowles	John E. Osborne
Louis Dachtyl	Cindy Sullivan
David J. Diamond	Alberto Texidor
David Farney	Maxine Turek
Tom Hagen	Tamara C. Valovich-McLeod
Alicia Hernandez	James Vaughan
Kimberly J. Hunley	Annette Zaccari
Maureen Judge-Wimmer	Lanie Zigler
Christina Kwasnica	Cecile Zoltanski
David Lamb	

Members New and Renewing

Lynnee Alexander	Keith Kuleff
Sonali Alfreda	Valerie Lindenberger
Kevin Babb	Christine Mayer
Thelma Barlin	Denise Moynihan
Nancy Bassinger	Tom O'Brien
Joey Burt	Jean Paul
Linda Chapman	Pilot Club of East Valley
Jill Darban	Suzanne Rabe
Norma De Poy	Dana Reynolds
Janet Downing	Bonnie Seashore
Jim & Claudia Fleming	Lois Shriver
Jill Goetz	George Smith
L.C. Gray	Cindy Stalter
Lynne Greenspan	Carol Takao
Clayton Guffey	Tona Tree Top
Betty Gunn	5 Residents at Phillips House
Kenneth Harvey	5 Residents at Brannon House
Jim Holt	5 Residents at Bandalier House
Charles, Anne & Paul Johnson	5 Residents at Trethway House
Constance Johnson	House
Tari Joyce	5 Residents at Sarah's House
Charles & Sandra Klar	5 Residents at Cody's House

Circle of Friends

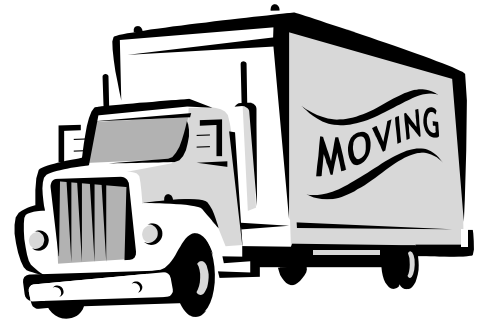
Kathleen West

Corporate Membership

Freedom Manor Inc.

We Are Moving!

Watch for Our Open House Invite!



Our office will be moving Friday, July 28, and Monday, July 31. During this time of transition our telephone system will be taking voice mail calls only. Our staff will be checking voice mail every hour and making necessary return telephone calls via cell phones. We will also have a disruption in our internet services during this time. E-mail will be read and responded to at least two times each day. Informational packets

will still be mailed for those who request one.

We will make every attempt to make this transition go smoothly and we welcome you to attend our Open House on Thursday, September 7, 2006, from 2:00 to 6:30 PM.

Our new address:
777 E. Missouri Avenue
Suite 101
Phoenix, AZ 85014
(cross streets are 7th Street and Missouri Avenue, just south of Bethany Home Road)

Volunteers Needed!

After our move, we will need volunteers to help us with mailings, labeling, general office duties, upcoming family events, and fundraisers. It is a great opportunity to meet new people and make new friends. If you are interested, please call Jeanne Anderson at (602) 508-8024.

BrainStorm is the quarterly publication of the Brain Injury Association of Arizona. The BIAAZ does not necessarily endorse treatments, individuals or programs that appear in the publication. Please address all inquiries to Communications Director.

RETURN SERVICE REQUESTED

Brain Injury Association of Arizona
4250 E. Camelback Road, K-280
Phoenix, AZ 85018
(602) 508-8024 • Fax (602) 508-8285
Info Lines (888) 500-9165 • (602) 323-9165
info@biaaz.org
www.biaaz.org

