**Reaching for the Stars Benefit**

*Honors Dr. Drew Nagele*

*by Anne Sears*

Friends of the Brain Injury Association of Pennsylvania gathered at the Franklin Institute Science Museum on March 17, 2006 for the Association’s annual benefit reception *Reaching for the Stars* – and previewed the Brain Safety Fair, which was held at the Franklin Institute the following day.

While enjoying luscious food prepared by The Frog/Commissary Catering, guests tackled brain teasers and tried the raw egg drop that dramatically illustrates how a helmet protects a brain from injury. They also examined some of the 500 bicycle helmets slated for distribution to families participating in the Brain Safety Fair the next day. Following the reception, they toured the popular Body Worlds exhibit that was the talk of Philadelphia.

“We decided to hold our annual benefit in conjunction with the Brain Safety Fair so that our patrons could experience first hand how their contributions support BIAPA’s mission,” said 2nd Vice President Anne Sears. “Also, giving them the opportunity to visit Body Worlds, which shows how the human body works, reinforced our goals of prevention and education.”

Highlight of the evening was the presentation of the Brain Injury Association of Pennsylvania’s Shining Star Award to Founding President Dr. Drew Nagele in recognition of his commitment, hard work and innovative approach to brain injury treatment, prevention and advocacy.

(continued on page 4)

**Fourth Annual Brain Safety Fair A Success**

*by Todd Levy*

A healthy dose of prevention was the result in Philadelphia when the team of Brain Injury Association volunteers manned stations to accommodate the masses of patrons who visited our 4th annual Brain Safety Fair on Saturday March 18, 2006 at the Franklin Institute Science Museum in Philadelphia. This annual event includes programs that show visitors how to protect their brains while participating in sports and other activities. Centerpiece of the day was the fitting and distribution of free bicycle helmets to children and adults.

The Association distributed some 500 bicycle helmets and bicycle licenses to those who participated in a variety of interactive brain safety education activities. Helmets were donated by the Brain Injury Association of Pennsylvania and made possible by the generous donations of sponsors of the event (see listing on page 6). Volunteers educated the public in proper fitting and wearing of their helmet, in order to insure protection.

Fairgoers benefitted from information about brain safety, provided in many forms. University of Pennsylvania Police Sargeant John Washington captivated audiences with a presentation on safe bicycle riding and crash protection skills. Volunteers used a pictorial brain safety quiz to test kids about bicycle safety. After participation in educational activities, fairgoers had their picture taken wearing their new helmet and received a personalized bicycle license from materials donated by the American Academy of Pediatrics.

The event also included the annual Brain Safety Fair poster competition, using art to encourage students to think about keeping their brains safe during favorite activities such as biking and skate boarding. Students of the Glenside, Myers (continued on page 7)
This is my first column for HeadLines since being elected President of the Brain Injury Association of Pennsylvania and I would like to take this opportunity to introduce myself and give you a preview of upcoming events that the BIAPA has planned for this summer.

My name is Stewart Cohen and I am a Trial Lawyer with the Philadelphia law firm of Cohen, Placitella, and Roth, P.C. My wife, Karen, is a Speech Pathologist and works with brain injury survivors. I have three daughters, and my oldest is also studying to be a Speech Pathologist. I have dedicated a significant part of my career to representing individuals who have suffered a traumatic brain injury (TBI) and their families. Recently, I represented a client who was awarded twenty-five million dollars for the negligence that caused a traumatic brain injury. In representing individuals who have suffered a TBI, it is imperative that we work closely with highly qualified medical and rehabilitation professionals who can assess the changing physical, social, cognitive and vocational needs of that individual and find a way to get them and their families the support that they need. I am pleased that many of these fine professionals, and the organizations that they are affiliated with across Pennsylvania, support BIAPA and our mission, and we are adding new members every day.

The Brain Injury Association of Pennsylvania has had great success in assisting individuals with TBI and their families find the services that fit their individual needs. This increased success is due in part to the BIAPA’s partnership with the PA Department of Health. This partnership has made great strides in making people aware of what services are available and finding the services most appropriate to each individual’s needs. You can learn more about our progress and services by visiting our website http://www.biapa.org.

On July 25-26, the Brain Injury Association of Pennsylvania is holding its 6th Annual Conference in Harrisburg, PA at the Wyndham Harrisburg-Hershey Hotel. The theme of this year’s conference is “Taking an Active Role: Maximizing Opportunities for Quality of Life.” The conference offers a wide variety of programs and workshops that attendees may take part in. The conference will also present several keynote speakers who will present on topics such as advances in head protection in sports, and current research dedicated to improving quality of life. For the first time at the conference, we are offering a continuing legal education seminar for all attorneys who are interested. The course is called “Understanding the Medical and Legal Aspects of Brain Injury” and it will offer attendees a comprehensive understanding of the unique medical and legal needs of persons with traumatic brain injuries. A conference registration form can be found on page 7. For more information on the conference go to http://www.biapa.org/coming_events.htm.

I would also like to invite each and everyone of you to join BIAPA for an exciting new event on Friday, July 21, 2006 at the Pocono International Raceway. LAPS Walk 2006 will feature Ernie Irvan, NASCAR race driver who received a brain injury in a race crash and will raise money to be used for education and prevention activities.

Lastly, on behalf of BIAPA and its Board of Directors, I would like to take this opportunity to thank Dr. Drew Nagele, Past President of BIAPA, for his commitment and hard-work and for his ongoing dedication to the BIAPA’s efforts. Thank you Drew.

Sincerely,

Stewart L. Cohen

LAPS WALK 2006 featuring NASCAR’s Ernie Irvan
Pocono International Raceway
Friday, July 21, 2006
Soldiers in Iraq Suffer Brain Injuries

From the BIAUSA.org Website

A blow or jolt to the head can result in a traumatic brain injury (TBI), which can disrupt the function of the brain. Each year in the United States, an estimated 1.4 million people sustain a TBI and 80,000 to 90,000 people experience the onset of long-term disability associated with a TBI. Direct medical costs and indirect costs (such as lost productivity) of TBI totaled an estimated $56.3 billion in the United States each year.

Problem:

Brain injuries occur during combat. From previous wars it has been estimated that approximately 20% of all military casualties have sustained a brain injury. The rate of brain injuries in soldiers returning from the Middle East appears to be higher than expected. Blast injuries can result in a TBI. Soldiers in both Iraq and Afghanistan are at risk for blast injuries from improvised explosive devices (IEDs), rocket-propelled grenades and land mines. It has been estimated that over 50% of all combat injuries are blast injuries. During four months in 2003 the Defense and Veterans Head Injury Program (DVHIP) at Walter Reed Army Medical Center screened 155 injured soldiers who had returned from Iraq and were deemed as being at risk for brain injury. 62% of the soldiers screened were found to have a brain injury. A brain injury can last a lifetime.

Needs:

- Increase support for the Defense and Veterans Head Injury Program (DVHIP) at Walter Reed Army Medical Center.
- Ensure continued TBI screening for all soldiers returning from combat.
- Increase availability and access to on-going community based services.
- Increase Case Management services to survivors of TBI.
- Expand efforts to educate the public about TBI.

How can Congress help support our soldiers?

Provide an additional $7 million for DVHIP in the Department of Defense (DOD) appropriations bill for FY, 2006. Established in 1992 as the Defense and Veterans Head Injury Program and frequently referred to as the Defense and Veterans Brain Injury Center (DVBIC). The Defense and Veterans Head Injury Program’s mission is to serve active duty military, their dependents and veterans with traumatic brain injury (TBI) through state-of-the-art medical care, innovative clinical research initiatives, and educational programs.

DVHIP is:

- A multi-site medical care, clinical research and education center
- A unique collaboration of the Department of Defense (DoD), Department of Veterans Affairs (VA) health care system and a civilian partner;
- Funded through the Department of Defense. DVHIP has its headquarters at Walter Reed Army Medical Center in Washington, DC and provides services through seven military (including Walter Reed) and VA sites and one civilian treatment site.

For more information about DVHIP visit their website at www.dvbic.org or call 800-870-9244.
The March – April 2006 issue of the Journal of Head Trauma Rehabilitation contains 8 articles on the application of theory to brain injury rehabilitation. One of the featured articles is by Tessa Hart, PhD and Jonathan Evans, PhD and is entitled “Self-Regulation and Goal Theories in Brain Injury Rehabilitation.” In this article, the authors point out that for more than 50 years, research in other fields such as organizational psychology has shown that certain simple methods for goal setting can improve performance on a variety of tasks. More attention to these results, say Hart and Evans, could lead to similarly improved results in brain injury rehabilitation and the “tasks” of life.

Drs. Hart and Evans begin by pointing out that goal setting is an integral part of rehabilitation. Nearly all rehabilitation therapists are required to set goals, with or without input from their patients, and therapy is often judged by how well these goals are attained. The authors then review the evidence for the effects of goal setting manipulations on task performance. Many years of experimentation show that goals are most effective when they are specific and challenging. Thus, a goal that encourages you to ‘do your best’ will be less effective than one that sets the bar for a specific performance standard. And, the goal that is slightly beyond your reach—although initially frustrating—will work better for you than one that is easy to attain. However, if you are trying to reach a very challenging or complicated goal, you may be better off setting a goal for learning about approaches to the problem, rather than solving it. The more complicated the problem, the more your goal should address a learning and not a performance goal—because you might be discouraged by not achieving a certain level of performance on a complicated problem. Also, long-term goals, such as return to work, should be broken into steps or goals that can be met in a much shorter time. Ideally, these big goals should be divided into sub-goals that you can achieve 1 or 2 weeks at a time.

Drs. Hart and Evans also review the research on self-regulation, which may be defined as “the processes by which we organize behavior, thoughts, and emotions to realize intentions; that is, to meet goals.” This process involves a broader ability to self-evaluate, set one’s own goals, and evaluate and adjust one’s progress toward goals. Although this is much more complicated than goal setting, one or two studies have shown that “people with brain injury can learn and perform these self-regulatory processes.” One technique that should be studied in brain injury is Self-Management Training, which is a set of methods that people can use for self-managing chronic health conditions such as diabetes and asthma.

Reaching for the Stars (continued from page 1)

For the past 20 years, Drew Nagele has committed his career to brain injury rehabilitation. Trained as a neuropsychologist and a Community Psychologist, he understands that people who experience brain injury have a wide variety of needs, which must be addressed through an equally wide variety of services and supports. He has worked on developing many different types of brain injury programs, including inpatient rehabilitation, day programs, community re-entry, school re-entry, vocational rehabilitation, Clubhouse, and residential.

In each, he has integrated his beliefs about maximizing strengths, developing family and community supports, and identifying key roles where the person with brain injury has a great likelihood of success. He has taught these principles in graduate training programs and post-graduate conferences around the country. He has worked tirelessly to develop the Association’s role in assuring that all Pennsylvanians who experience brain injury will have access to the services and supports they need to improve their quality of life.

“With Drew Nagele’s leadership, the Brain Injury Association of Pennsylvania has grown from a small group of dedicated volunteers with a noble dream to the vibrant organization with a bright future that it is today,” said President Stewart Cohen in presenting the award to Drew.

The event raised more than $13,000, which supported the Brain Safety Fair and other Association initiatives. “We are grateful to the sponsors, patrons and friends who helped to make this evening such a success,” said Anne Sears. “We’re beginning to plan next year’s Reaching for the Stars benefit, and we welcome anyone who would like to join the committee.”
Installing Love

**Tech Support:** Yes, ... how can I help you?

**Customer:** Well, after much consideration, I’ve decided to install Love. Can you guide me though the process?

**Tech Support:** Yes. I can help you. Are you ready to proceed?

**Customer:** Well, I’m not very technical, but I think I’m ready. What do I do first?

**Tech Support:** The first step is to open your Heart. Have you located your Heart?

**Customer:** Yes, but there are several other programs running now. Is it okay to install Love while they are running?

**Tech Support:** No problem, Love will gradually erase Past Hurt from your current operating system. It may remain in your permanent memory but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?

**Customer:** I don’t know how to turn them off. Can you tell me how?

**Tech Support:** With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have been completely erased.

**Customer:** Okay, done! Love has started installing itself. Is that normal?

**Tech Support:** Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades.

**Customer:** Oops! I have an error message already. It says, “Error - Program not run on external components.” What should I do?

**Tech Support:** Don’t worry. It means that the Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others.

**Customer:** So, what should I do?

**Tech Support:** Pull down Self-Acceptance; then click on the following files: Forgive-Self; Realize Your Worth; and Acknowledge your Limitations.

**Customer:** Okay, done.

**Tech Support:** Now, copy them to the “My Heart” directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete Verbose Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back.

**Customer:** Got it. Hey! My heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?

**Tech Support:** Sometimes. For others it takes awhile, but eventually everything gets it at the proper time. So Love is installed and running. One more thing before we hang up. Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you.

**Customer:** Thank you God.
and Cheltenham elementary schools participated. Over 100 entries were received. John Sears, the Association’s Artist in Residence judged the competition. The prize for 1st place, a bicycle donated by Keswick Cycle of Glenside, PA went to 4th grader Haley Ragsdale of Glenside Elementary. Her poster is featured on the cover of the brochure for our 6th Annual Conference June 25-26, 2006 (see back page). Prizes donated by Keswick Cycle were also awarded to the 2nd, 3rd and 4th place winners as well. All of the young artists were outstanding. A special thanks goes to Jean Byrne and Megan McConchick, of the Franklin Institute, our partners in an ongoing brain safety program. And, many thanks to the Association’s Prevention Committee and all the volunteers for helping to make the event a success. We would like to thank our Sponsors for their generous support making this event possible.

Brain Safety Fair
(continued from page 1)

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Mattioni Family Gift Celebrates A Wedding and Supports BIAPA
by Anne Sears

When Faustino and Suzanne Mattioni’s daughter, Elizabeth, married Denis Collopy last April, the Mattioni family decided to forgo the usual table favors and made a contribution to the Brain Injury Association of Pennsylvania instead. A card announcing the gift was at each table.

“We were especially touched by Faust and Suzanne’s thoughtfulness in making this generous gift,” says 2nd Vice President Anne Sears, whose husband, John, received a traumatic brain injury 21 years ago. “As my cousins, they understand first hand how a brain injury touches the lives of an entire family. John and I are grateful for their desire to support the work of BIAPA and for their recognition of John’s indomitable spirit.”

To learn more about making a gift to recognize a special occasion or an individual, please call the Brain Injury Association’s office at 717-657-3601. If you would like to make a donation, please complete and mail the enclosed form.
## 2006 BIAPA ANNUAL CONFERENCE - REGISTRATION FORM

### Registration Deadline June 17, 2006

**Cancellation Policy:** If you need to cancel your registration, you are eligible for a 50% refund if you notify BIAPA by close of business on June 16, 2006. Failure to provide notification by this date will result in the loss of the full registration fee. Substitutions are welcome.

For Survivor Scholarship Information, call 1-866-357-0709 by May 20, 2006

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(Please duplicate this form as needed—One form per person)

Name: ___________________________________________________________
Organization: ______________________________________________________
Address: __________________________________________________________
City: ___________________________ State: _______ Zip: ___________
Phone: (_____ )____________________ Fax: (_____ ) ________________
E-mail: ___________________________________________________________

I am a ___ professional, ___ family member, ___ survivor, ___ state or other government employee.

Please indicate any dietary/accessibility needs: ______________________________________

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Please indicate one session you will attend in each time period:

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<th>Time Period</th>
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<tbody>
<tr>
<td>Sunday, 1:15-2:15 PM</td>
<td>New Alternatives in Treatment Track</td>
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<td>1. CARE: A Brief Guide for Caregivers</td>
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<td>2. Legal Stuff: What You Need to Know</td>
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<td>3. Together is Better: It’s All About Community, Social Capital</td>
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<td>Special Session for Support Group Facilitators</td>
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<td>Sunday, 2:30-3:30 PM</td>
<td>4. Long-Term Life Outcomes</td>
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<td>Sunday, 3:45-4:45 PM</td>
<td>5. Brain Injury Resource Line: Outreach to Families</td>
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<td>Monday, 10:30-11:30 AM</td>
<td>7. The Use and Application of Therapeutic Pets</td>
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<td>People with Brain Injury</td>
<td>8. Providing Life Options for Persons with Traumatic Brain Injury</td>
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<td>Monday, 1:15-2:15 PM</td>
<td>9. Home &amp; Community Based Rehabilitation</td>
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<td>10. Falls Protocol: Prevention</td>
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<td>11. Helmets and the Law: An Update</td>
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<td>12. Statewide Summit: Effect on State Action Plan</td>
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<td>13. Biofeedback: Buzz Your Brain</td>
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<td>15. The Role of Natural Supports as</td>
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<td>16. Virtual Reality &amp; Rehabilitation</td>
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<td>17. Forensic Case Management: Of Benefit to All</td>
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<td>18. Let’s Share: Personal Stories</td>
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### Registration Options

(please circle appropriate option):

- Professional ___ $250
- Survivor/Family ___ $125
- 1-DAY ___ $185
- 1-DAY Registrants Indicate: ___ Sunday ___ Monday

For attendees requesting Continuing Education Units for the sessions they attend, a fee of $20 is being charged.

- Conference Registration Amount Enclosed $___________
- CEU Credit Processing Fee: $___________
- AACBIS Training Fee: $___________
- CLE Seminar Fee: $___________

**AACBIS Training**

Fee $215

(Mon., June 26, 4-8 PM & Tues., June 27, 8 AM-Noon)

**Continuing Legal Education Seminar**

Fee $200

(Mon., June 26, 8:30 AM-4:00 PM)

Optional: Sunday Awards Dinner @ $28 per person ___ Yes ___ No
(BIAPA Annual Meeting and Awards Ceremony)

Sunday Awards Dinner Amount Enclosed: $___________

**TOTAL Amount Enclosed: $___________**

Method of Payment: ___ Check (Payable to Brain Injury Association of Pennsylvania) ___ Credit Card

Credit Card #: __________________________ Exp. Date:

Name of Cardholder: __________________________ Address: __________________________

3-Digit Verification Code (on back of card) ______ Signature: __________________________

Mail this form with Full Payment to: Brain Injury Association of PA, PO Box 204, Telford, PA 18969
Or fax credit card submissions to: 215-723-4883

The Brain Injury Association or Pennsylvania, Inc. is a 501(c)(3) tax exempt organization incorporated in Pennsylvania. The official registration and financial information of the Association may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.
Do You Have Email? You can receive your newsletter by email! You can join the e-list for frequent email messages on topics related to brain injury. An email message digest is available. For info, send an email to b2272@rcn.com

Brain Injury Association of Pennsylvania, Inc.

Taking an Active Role:
Maximizing Opportunities for Quality of Life

REGISTRATION BROCHURE

Wyndham
Harrisburg-Hershey
June 25-26, 2000

6th Annual Conference
Registration form inside
or go to our website at www.biapa.org

Brain Safety Poster Competition
1st Place Winner Haley Ragsdale

Brain Injury Association of Pennsylvania, Inc.
2400 Park Drive, Harrisburg, PA 17110
Toll Free Brain Injury Resource Line
1-866-635-7097 www.biapa.org

Not a Member? Join Today
Visit our website @ www.biapa.org to download an application. Sign up for regular messages on disability and brain injury at www.groups.yahoo.com or email b2272@prodigy.net for more information.

Letters to the Editor
Do you have a question or comment regarding something you’ve seen in this newsletter, in the media, or in your community? Letters will be accepted and used in future newsletters as time and space allow. Please send all letters to:

Lee J. Harold, Editor
leejharold@comcast.net
or
Bill Walsh, Assistant Editor
wwalsh353@comcast.net

Brain Injury Association of Pennsylvania, Inc.