

A World of Hope: Making Lifetime Connections

FEATURING: Penny Marshall

Brain Injury Advocate, Actress, Director, Producer
(tentative)

Join Us

June 5-6, 2008

Albany Marriott Hotel, Albany, New York

Brain Injury Association
of New York State

26th Annual Conference
Registration



A World of Hope: Making Lifetime Connections

PRELIMINARY CONFERENCE PROGRAM

Thursday, June 5

9:00 am - 10:00 am **Registration**

9:30 am - 10:30 am **Continental Breakfast and Exhibitor Opening**

10:45 am - 11:45 am **Opening Remarks**

Marie Cavallo, Ph.D., President

Judith I. Avner, Esq., Executive Director

Sandy Finkelstein Memorial Address

From the Outside Looking In

Penny Marshall, well-known actress, director, and producer, recently found herself in a whole new role – that of a brain injury advocate. Ms. Marshall will talk about her first-hand experiences supporting someone with a TBI, and what that experience has meant for her.

12:00 pm - 1:00 pm **Workshops: I**

Ask the Experts: What is a TBI, Anyway? A

This workshop offers basic information on brain injury. Individuals with brain injury, family members, and health care professionals will all benefit from this TBI primer.

Presenters: Adam Warshowsky, PhD; Robin Cohn; and Jack McKeown

Planning Financial Eligibility for the TBI Waiver Program F, C

Applicants for the TBI Waiver Program must establish eligibility for Medicaid, a means-tested government benefit program that limits a participant's income and resources. How do those with some financial assets – disability income, a retirement account from a prior employer, a house – establish and maintain eligibility? Learn how to meet the eligibility requirements, including the use of Supplemental Needs Trusts and other important legal planning strategies that ensure continued access to the TBI Waiver.

Presenter: Edward V. Wilcenski, Esq.

Maintaining Long-Term Cognitive, Physical and Emotional Health P, C

Once brain injury rehabilitation is completed, maintaining a healthy lifestyle can be a challenge. This workshop focuses on some promising new research on brain/cognitive health. Learn strategies to help maximize cognitive functioning while maintaining physical and emotional health throughout your life-time.

Presenter: Deborah Benson, PhD

Assistive Technology as a Rehabilitation Tool for Individuals with TBI P, C

This presentation will provide timely information on the use of technology to benefit individuals with TBI. Presenters will discuss incorporating low to evolving high-tech assistive technology devices such as GPS systems, snoozlen rooms, computerized learning systems, and software developed for individuals with cognitive disabilities that can be customized for each individual served.

Presenters: Ana Sostre, Justin Russo, and Marie Cavallo, Ph.D.

Serenity Space: I Am Not Gone A

A brain injury survivor and human rights advocate explores how living with a brain injury too often translates into the treacherous experience of being treated, at best, like an abbreviated version of your former self. Even more treacherous is that brain injury survivors may treat themselves the same way.

Presenter: Peter S. Kahrmann

1:00 pm - 2:00 pm **Luncheon**

2:15 pm - 3:15 pm **Workshops: II**

Ask the Experts: Addressing Hearing and Vision Problems after Brain Injury A

Sound sensitivity and tinnitus are problems that may seriously impede recovery after brain injury. Vision difficulties, such as blurred vision, light sensitivity, and visual field loss are also common. In this workshop, an audiologist and optometrist will discuss alternative therapies and provide resources for these conditions.

Presenters: Erin Walborn, Au.D. and Robert S. Fox, FCOVD

The letter following each break-out title indicates the target audience for that session. However, everyone is welcome to attend any of the sessions. (F) = Family Members (P) = Professional (E) = Educators
(C) = Consumers (A) = All

Current Issues in the Brain Injury Community A

This workshop will look at the progress over the past 40 years in the treatment and support of brain injury survivors. And more importantly, what remains to be done? Specific topics will include insurance reimbursement for rehabilitation, community based long-term supports, activities of other state brain injury associations, and what survivors can do to help. Caution: this workshop may raise more questions than answers!

Presenter: John W. Richards, MSW, MBA

Stages of Emotional Reactions after TBI P, C

Many individuals who have sustained a traumatic brain injury also experience intense emotional upheavals. It seems that against your will you've been knocked off your life path. Is it possible to pick yourself up and go on? This workshop explores the stages of emotional reactions after a TBI.

Presenter: Maria Deinzer Lifrak, PhD, ABPP-CN

TBI & Substance Abuse- Beyond Dual Diagnosis P, C

Studies show that individuals are vulnerable to substance abuse or relapse following TBI. Identifying and coordinating supports and clinical services is often a challenge. This presentation will address the assessment and treatment of substance use disorders in individuals with TBI, as well as collaborating with providers from addiction, rehabilitation, and medical fields to optimize treatment planning.

Presenters: Edward Ross, LCSW and Shelly Levy, Psy.D.

Serenity Space: Spirituality: A Road Map to Inner Strength A

Inner strength arises from an awareness of personal and spiritual resources. This workshop will help you learn to identify and utilize your unique strengths.

Presenter: Rabbi Dan Ornstein

3:30 pm - 4:30 pm

Workshops: III

Ask the Experts: Current Research Trends in TBI P, E

This presentation will highlight current research trends and possible future treatment for individuals with brain injury. The focus will be on imaging, genetic, and stem cell technologies.

Presenters: Steven Flanagan, MD and Mary Hibbard, PhD

Brain Injuries Happen to Families: Coping Strategies for Loved Ones F, C

Many family members of an individual with a brain injury have difficulty coping with what may be dramatic changes in their relationship and roles. Often the responsibilities of care-giving are overwhelming. This roundtable discussion will focus on strategies to help re-formulate family relationships after a brain injury. Input and success stories from the audience are welcome.

Presenters: Iris Rosen, LCSW-R and Rosamund Gianutsos, PhD

Therapy can be Fun: The Wii as a Motivational Tool P, C

The use of Nintendo's Wii with individuals who are resistant to traditional treatment approaches has proven very successful. Individuals who work with the therapists to improve their balance, endurance, fine motor, and visual/spatial skills enjoy better performance and higher scores on the Wii. In this interactive workshop, participants will be given the opportunity to try out a Wii activity for themselves.

Presenters: Annette Havens, CTRS, Bethany Warner, OTR/L, and Meaghan Gaffney, MS OTR/L

Veterans and Brain Injury – Filling the Gaps A

Through its TBI Training and Military Veterans Services Project, the Association is committed to addressing the unique issues in identifying and treating brain injuries in service members. This panel discussion, which includes veterans of the war in Iraq and Afghanistan, will focus on what is being done to fill the gaps in care.

Presenters: Jody Ference, veterans TBA

Roundtable Discussion for Young Adults F, C

This interactive discussion will explore issues that are relevant to young adults with brain injury. Topics will include making friends, finding meaningful employment, and creating relationships.

Presenters: Artie Blind; Karen Thomas, BA, CBIS, Elizabeth Young

4:30 pm

Open Discussion: Growing Chapters and Support Groups

5:30 pm - 6:30 pm

Dinner - Get your food to go or eat in – the choice is yours

A World of Hope: Making Lifetime Connections

Friday, June 6

8:00 am - 9:00 am Registration and Continental Breakfast

8:30 am - 9:15 am Association Annual Meeting

9:15 am - 10:15 am Recognition and Awards

10:30 am - 11:30 am Workshops: IV

Ask the Experts: Cognitive Skills Training - a Practical Approach *F, C*

Participants of this workshop will be introduced to some of the working definitions and applications of cognitive rehabilitation. Practical applications/interventions that participants can use for themselves will be provided. Attendees are encouraged to share best practices in regard to personal experiences with various types will be provided, of cognitive rehabilitation activities.

Presenter: Barry Dain, M.S.Ed., M.P.A.

Depression, the Unwelcome Companion to TBI *A*

Depression is a major problem for many people with brain injury. But depression after a TBI is more than just a painful emotional experience. It also compounds many of the challenges that individuals with TBI face after injury. This workshop addresses the numerous options that are available to treat depression, from therapy and medication to alternative approaches.

Presenter: Lindy Sanford

LEARNet: At Work in the Community *P, E, F*

LEARNet, a product of Project LEARN: Living Education And Resources Network, provides critical information and intervention strategies for use by educators and families who support students with brain injury. Find out how LEARNet has been successfully used in the community to improve the education and quality of life for students with brain injury and their families.

Presenters: Mark Ylvisaker, Ph.D.; Jane Higham, MS, CBIT; and a panel of educators and family members

Addressing TBI in Older Adults *P*

Since aging often produces a number of neurological problems, it is important to determine what may happen to people with brain injury as they get older. Several studies have confirmed a link between previous brain injury and the development of Alzheimer's disease. This presentation addresses past and emerging research currently being done to help older adults with TBI.

Presenters: Mary Hibbard, PhD and Amanda Sacks, PhD

Serenity Space: Using Mindfulness in the Process of Acceptance *A*

The ability to release stress and stay in the moment are integral to the process of acceptance. This workshop will teach you the practice of mindfulness, a practice that invites us to savor the present moment. You will also have the opportunity to stretch your body and mind with some relaxing "chair yoga."

Presenters: Mary Daigneault, LCSW-R and Robin Cohn

11:45 am - 12:45 pm Workshops: V

Ask the Experts: An Overview of the TBI Waiver Program and Its Staff A

Understanding the TBI Waiver Program is often challenging for participants, family members, and service providers. This workshop will answer some of the most common questions about the program, while introducing attendees to many of the Regional Resource Development Specialists from across the state.

Presenter: Patricia Greene Gumson

Understanding Life with Brain Injury P, E

This workshop provides an overview of an innovative Train the Trainer Program developed by the Brain Injury Association of NYS in conjunction with the NYS Department of Health. The program is designed to improve the quality of services provided to individuals with brain injury by enhancing the understanding of direct care staff about the challenges of living with brain injury.

Presenters: Judith I. Avner, Esq. and Marie Cavallo, PhD

Your Personal Journey into the World of Work P, C

Finding and maintaining employment following a brain injury presents significant challenges. This workshop will address potential solutions and self-advocacy strategies that encourage meaningful employment, and help you make the best use of vocational services to reach your goal.

Presenters: Toby Bickweat and Mark Rubenstein

Developing an Effective Emergency Preparedness Plan A

Are you prepared for an emergency? Man-made events such as terrorism, and natural disasters like hurricanes and floods, have made people more aware of the need to be prepared for emergencies. This workshop will provide valuable resources to help you to develop your own plan.

Presenters: Joseph Bravo and Theresa Paeglow

Serenity Space: I Know You Won't Forget: The Story behind Our Story

More than thirty survivors worked together over a four year period, writing, illustrating, and publishing a children's book about brain injury. Some of the authors will share their experiences and talk about the opportunities for learning that the project created, and how its success has made a difference in their lives. They will discuss the development of new skills, strategies, friendships, and identities as they review the origins and history of the project, highlighted by the publication and release of *I Know You Won't Forget* in September of 2007.

Presenters: Michael Cognetti, with members of the author group Truly Blessed Ink

1:00-2:00 pm

Luncheon, Raffle, and Door Prizes

Scheduled workshops and presenters are subject to change.

Association Awards

The annual Association awards ceremony will be held on Friday morning this year, from 9:15 to 10:15. Join us after breakfast to congratulate outstanding individuals who have truly made a difference in the lives of those with brain injury.



BRAIN INJURY ASSOCIATION OF NYS 2008 CONFERENCE REGISTRATION FORM

Please print or type, and fill in completely. **Use one form for each participant.**
Copy this form as needed. Your check, money order, or credit card information **must** accompany your registration form. All cancellations will be subject to a 25% non-refundable fee. **No refunds will be issued after May 9, 2008.**

Questions?

Call

518-459-7911
800-228-8201

Enclosed please find my check/money order payable to BIANYS in the amount of \$_____.

Charge to my credit card (\$35 minimum) Visa MasterCard American Express

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Name (**Print**) _____

Affiliation _____

Address _____ City/State/Zip _____

Day Phone () _____ Evening Phone () _____

Staying for Thursday Dinner _____ Not Staying for Thursday Dinner _____
(Included in Registration Fee)

You may register for the **two-day** conference, or for **Thursday** or **Friday** only. All conference registration fees include meals. Organizational/Institutional members may designate up to four employees to register at the Association member rate for professionals. **In order to receive the member discount, your membership must be current as of March, 2008. If your membership has lapsed, it must be renewed before, or with, your registration.**

HOTEL RESERVATIONS

A block of rooms has been set aside for conference attendees at the Albany Marriott Hotel. The conference rate for a single, double, triple or quad is \$169.86 (\$149.00 + 14%) per room, per night. **RESERVE NOW! In order to qualify for the special conference hotel rate, the Marriott must receive your reservation no later than MAY 9, 2008.** Please make **your own** reservations directly with the Marriott by calling **1-800-443-8952. Be certain to mention the Brain Injury Association Annual Conference when you call.** Make your reservations now - rooms sell out quickly. Do not delay calling!

Yes, I want to become a BIANYS member **NOW** to receive the member's registration fee.
(Includes the BIANYS quarterly newsletter and discounts on events and publications.)

Individual - \$52 Family - \$78 Professional - \$120

Organizational/Institutional - \$520 Patron - \$1,200 Brain Trust Member - \$5,200

Champion - \$12,000 Special Rate - \$5-\$51 (*individuals with brain injury or family members with limited resources*) **Please check membership category and add to registration fee.**

Conference Registration Fees	Consumer	Professional	
Two-day: BIANYS Member	\$200	\$275	
Two-day: Non-Member	\$250	\$350	
Thursday Only: BIANYS Member	\$125	\$175	<i>Please Circle Applicable Fees</i>
Thursday Only: Non-Member	\$175	\$250	
Friday Only: BIANYS Member	\$100	\$150	
Friday Only: Non-Member	\$150	\$225	

Mail registration form by **May 29th** to: BIANYS Conference, 10 Colvin Avenue, Albany, NY 12206-1242. A \$25.00 fee will be charged for each returned check. **Only registrations charged to credit cards may be faxed to (518) 482-5285.**

Important Conference Information

Keynote Speaker - Penny Marshall

Most of you know Penny Marshall as an acclaimed actress, director, and producer. Recently, Ms. Marshall added “brain injury advocate” to her long resume. When a close friend sustained a traumatic brain injury, she kept vigil at a New York City hospital with Lorraine Bracco. There, the two of them became friendly with Joanne Miller, whose son, Steven, had also sustained a TBI. When Joanne began planning an event with her colleagues at DiSalvo Interiors in Garden City to raise funds and awareness about brain injury, Ms. Bracco and Ms. Marshall agreed to be honorary co-chairs.

The first annual Garden City Gala was born. Held in November of 2007, this fabulous fundraiser attracted more than 100 guests, and raised a significant amount of money for the Association’s programs and services. Because Ms. Marshall was unable to attend the Gala in person, she has graciously agreed to show her support of our mission by sharing her first-hand experiences advocating for someone with a brain injury.

Penny Marshall first gained prominence on television with a recurring guest role on *The Odd Couple* from 1971 - 1975. Her career really took off when Ms. Marshall landed the part of wise-cracking brewery worker Laverne De Fazio in the popular TV sitcom *Laverne and Shirley*.

When *Laverne and Shirley* ended in 1983, Ms. Marshall began an extremely successful career as a director and producer. She has directed several feature motion pictures, including *Big*, which was the first film directed by a woman to gross over \$100 million, *Awakenings*, *A League of Their Own*, and *Riding in Cars With Boys*. Ms. Marshall has also lent her voice to an episode of *The Simpsons*, and played a cameo role as herself in HBO’s hit series *Entourage*. Cementing her celebrity status, Ms. Marshall received a star on the Hollywood Walk of Fame in 2004.

Like so many of us, Ms. Marshall’s recognition of the toll that brain injury takes on individuals, families, and the community has galvanized her into action. In addition to her involvement in the Garden City fundraiser and the Annual Conference, she will soon be filming a public service announcement about brain injury with members of the Long Island Chapter. Please join us in welcoming Penny Marshall into the brain injury community.

Serenity Space

Once again, our conference program includes a safe, peaceful environment called the Serenity Space. This room is designed to be a place where conference participants may regroup and rest during the conference. Programs taking place in the Serenity Space offer a spiritual dimension that supports individual reflection, promotes learning, and builds coping skills. Check the program for workshops specifically designed for the Serenity Space. In addition to these scheduled sessions, the room will be open during most of the conference hours. Please feel free to stop in at any time. Staff will be available to answer questions about the conference program, or to help you plan workshop attendance around your needs and interests.

Continuing Education Credits

Continuing education credits may be available for various disciplines. Check with the appropriate licensing board for information.

Walk-in Conference Registrations

The Association does not guarantee space will be available for walk-in registrations. It is advised that you check www.bianys.org or call the Association office to find out if space is available after registration closes on May 29.

For Your Comfort

We suggest you bring a sweater or layer your clothing. It is difficult for large facilities to regulate meeting room temperatures, and comfort levels among attendees can vary greatly.

Casual Friday Extends to Lunch

To end the conference on a relaxing note, please join us on Friday for a fun, casual lunch. We’ll be giving out door prizes and pulling names in our annual basket raffle. See what beautiful creations our own Judy Avner has come up with this year. It’s a conference favorite, so **don’t forget to bring your checkbook!**

THE BRAIN INJURY ASSOCIATION OF NEW YORK STATE

Established in 1982, the Brain Injury Association of New York State works tirelessly to help meet the needs of individuals with brain injury and their families, and to educate the public and policy makers about brain injury and prevention. Major programs include:

BRAIN INJURY INFORMATION AND RESOURCES CLEARINGHOUSE: The Brain Injury Association of New York State has an extensive collection of information and resources for consumers, professionals, advocates, providers, media, educators, and the public. Included are a toll-free family helpline, website, publications, chapters and support groups throughout the State, family support programs, roundtables, caregiver's network, a speakers bureau, library, video library, and educational programs.

FAMILY ADVOCACY, COUNSELING, AND TRAINING SERVICES (FACTS): The FACTS family support program serves individuals who sustained a brain injury before age 22 and their families. FACTS Coordinators link individuals and families with information, resources, advocacy, and emotional support.

PREVENTION: Prevention is the only "cure" for brain injury. Programs include concussion management in sports and recreation, violence prevention, helmet safety, motor vehicle safety, pedestrian safety, and promoting other behaviors that reduce the risk of brain injury.

TRAUMATIC BRAIN INJURY TRAINING AND MILITARY VETERANS SERVICES PROJECT: The Association is committed to addressing the gaps in identifying and treating TBI in service members. Our efforts involve connecting with returning service members and their families; training and education activities; collaboration; outreach; and developing relationships with state organizations that provide services to veterans and their families.

Become a Member Today!

Brain Injury Association
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