

BIAKS Announcements

Membership

Coming soon... a chance to become a part of the BIAKS team! Membership will soon be available to anyone that wants to be a part of our growing organization. Members assist us in providing the funds needed to reach out to survivors and their family members. Look for your membership application arriving in your mailbox soon!

Employee giving campaigns such as United Way are underway. Did you know you can select BIAKS as an organization to receive these funds? Ask for a Donor Designation Form from your employer. Every little bit helps!

Heads Up

The Heads Up Brain Injury Support Group in Paola, KS hosted their annual fundraiser, a 5K & 3K run. The third annual "On Your Mark" took place Sat., Sept. 19th, 8 am at the Paola High School Track Stadium, 401 N. Angela, Paola. There was a little something for everyone, including a Kids' Fun Run and Senior Walk.

Professional Conference Announcement

The 2nd Annual Conference for professionals hosted by the BIAKS, "Beyond Rehab: Succeeding at Life". This conference is for professionals who work with people who have experienced a brain injury; and, professionals that are interested in learning more about brain injuries. The event will be held March 25-26, 2010 at the Ritz Charles in OP, KS. Keynote speakers are Marilyn Lash of Lash & Associates; Jason Crigler & Marjorie Crigler, featured in the documentary "Life Support Music"; & Al Condeluci, nationally known speaker on the Importance of Fully Inclusive Communities. If you would like additional information, please contact Betsy at bjohnson@biaks.org or 913-754-8883, ext.3. Continue to visit our website for updated information at www.biaks.org.

BIAKS in the community

The Brain Injury Association participated in the Midwest Kids Fest, July 25-26th at the Overland Park Trade Center. 1 bike helmet was given away every 15 minutes to a lucky drawing winner. Over 4,000 participants attended the event which benefitted the KVC. We were grateful to be a part of such a worthwhile event and met some wonderful people in the community who shared their personal stories of brain injury in their lives.

The BIAKS has begun collaboration with Mid America Sports Medicine and Wellness of Centerpoint Hospitals Concussion Management program through sponsoring pre and post concussion screenings for Westport High Schools Varsity football team. Coach Stanley, a 40 year veteran football coach and Kansas City native, attended a seminar on concussion management hosted by Dr. David Dyck and Dr. Lori Boyajian–O'Neill of M.A.S.M.W, and wanted to provide these screenings to his football team. BIAKS offered to join in the effort and sponsor Coach Stanley's team screenings to bring awareness to the seriousness of sports related concussions, and preventing Second Impact Syndrome, which is the condition as a result of a subsequent concussion that occurs before symptoms of an earlier concussion have subsided. It can lead to severe disability or be fatal. For additional information on concussions, contact the BIAKS at info@biaks.org or visit www.cdc.gov/injury.

Saturday October 17th, from 1- 3 pm a Helmets in Hands skateboard helmet awareness event will be taking place for all ages at Lea McKeighan Skatepark in Lee's Summit, MO. This event promises to provide opportunities to learn about the culture of skateboarding, and the practice of skateboard helmet safety. More than 70,000 individuals need hospital emergency room treatment each year for injuries related to skateboarding. This event will host a variety of techniques demonstrated by skate boarders who demonstrate helmet safety consistently. For additional information or to be a vendor, please contact event coordinator Tom Lovelace, at cavemantom242@gmail.com.

Mark your Calendar!!! Thursday December 3rd, BIAKS will host an evening holiday Shopping Extravaganza at Noel's Fine Gifts in Mission Farms of Leawood, KS. There will be a discount offered to participants as well as a percentage of purchases will go towards programming for brain injury survivors and families. Bring a friend, get in the holiday shopping spirit and join us for a lovely evening while supporting this worthwhile cause. More information to come. Please contact Kate Kershaw, (913)754-8883, ext. 2 if you are interested in purchasing a ticket.

Did you know? In 2009, the Brain Injury Association of Kansas and GKC has fitted over 1200 helmets given to youth in the Greater KC area.

survivor & family seminar info

It is almost time for our annual Survivor and Family Seminars! Both will be held in October this year. The first will be located in Salina and the second one will be in the Kansas City area. The goal of the seminars is to improve the quality of life for individuals and families affected by brain injury. Each seminar will offer different topics. The early bird cost is \$10, and day of will be \$12. If you would like to be on the mailing list to receive a registration form, please contact Kate at (913)754-8883, ext. 2 or visit our website, www.biaks.org, for additional information on planned presentations.

Kansas City Area Seminar

Saturday, October 24th, 8:00 am–3:30 pm
Sylvester Powell, Jr. Community Center
6200 Martway, Mission, KS

Topics include: Special Needs Planning, Employment Challenges, "Life as Therapy: A Survivors' Experience", Coping, Adolescents with Brain Injury: Behavior and Emotional Challenges.

a survivors story

Domestic Violence and Traumatic Brain Injury often times go hand in hand. Both issues tend to be highly misunderstood and overlooked by the community and the medical field. Many people believe the labels of 'brain injury' and 'victim of abuse' have a stigma attached. It is estimated that strangulation and blows to the head or face occur in 50-90% of assaults and that only 1% of survivors of domestic violence are being appropriately identified by the health care system. Of the 2 million injuries that occur every year at the hand of an abuser, less than 10,000 are accounted for. I recently met with one such person, who shared her story with me.

Amber* is a 75 year old domestic violence survivor, living in the Kansas City area. She was directed to BIAKS months ago and attended an informational meeting on Traumatic Brain Injury. She offered to share her story with me in an effort to bring awareness to brain injury and domestic violence. In her words, she recently 'discovered' her brain injury after years of personal struggle, devastation and frustration. She can link her first brain injury back to her early childhood years as a result of falls and being knocked unconscious.

Amber says she always struggled in school and continued to come home with D's and F's. She was diagnosed dyslexic as a young girl. She later went on to marry a corporate attorney and an alcoholic who turned abusive. They were married for 21 years, and had 3 children. "I never knew when it was coming." Her head and face were his target areas. When he would smack her face, she would feel "my brain shift inside my skull, he'd hit so hard". Always thinking the beatings would eventually stop, they never did. Instead it got progressively more violent. "I know now, that he would have eventually killed me."

As his drinking increased, so did the abuse. In the 1970's she attended her first support group for 'battered women'. "I never thought of myself as being abused, until I heard the similar stories." She

filed for divorce from her husband shortly after, in a time when divorce and domestic violence were not openly discussed.

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eventually killed me."*

Amber doesn't remember who first told her she had a brain injury, but she knows she discovered her condition through her own research on the special health issues she was having. Through the years she has suffered head and neck pain. Her chiropractor said 20 years ago "It's a mess back here" in her neck, from all the injuries. She suffers from fibromyalgia, constantly feels overwhelmed, depressed, suffers from anxiety, isolation, inability to organize, misplaces items, and hearing problems. She continues to learn to make accommodations for her deficits. She hired someone to help her organize paperwork and medical bills, she visits her bank once a month to help her balance her checkbook, keeps her keys in a container by the front door, so she doesn't waste hours trying to find them and creating even more anxiety. "I feel like I'm in a state of exhaustion." Through the help of BIAKS, she is utilizing resources and seeking a support group. Amber is a survivor on many levels. She is trying to make the best of a life that has been greatly impacted through ongoing hardship and injury.

The BIAKS offers a training for professionals working with survivors of domestic violence in recognizing brain injury signs and symptoms in an effort to prevent future injury and referral of appropriate care. Please contact Kate Kershaw, 913-754-8883, ext. 2 for additional information.

**name has been changed*

lunch-n-learn

The BIAKS will be hosting quarterly Lunch-N-Learns for family members and caregivers. These are brief one hour informational opportunities, open to the community. We will provide a light lunch for participants and there is no cost for these sessions. Planned topics include:

September 1, 2009 – Memory
December 1, 2009 – Caring for the Caregiver

March 2010 – Anger and Behavior Management
June 2010 – Relaxation Techniques

The presentations will be held at the BIAKS 1st floor conference room. Please RSVP to Kate at 913-754-8883, ext. 2. You may also visit our website for the most up-to-date information, www.biaks.org.

Helpful Websites

Brain Injury Association
of America
www.biausa.org

National Brain Tumor
Foundation
www.brainumor.org

American Brain Tumor
Association
www.aabta.org

Children's Brain Tumor
Foundation
www.cbtf.org

Pediatric Brain Tumor
Foundation of United
States
www.pbtfus.org

Epilepsy Foundation-
National Office
www.epilepsyfoundation.org
www.epilepsyempowerment.com

Family Caregiver
Alliance
www.caregiver.org

Veterans Information
www.ncptsd.va.gov
www.ptsdinfo.org

Substance Abuse and
Mental Health Service
Administration
www.samhsa.gov

National Alliance on
Mental Illness
www.nami.org

Stroke Foundation
www.americanstroke.org

headliners

Fall 2009

our mission

The Brain Injury Association of Kansas & Greater Kansas City

To improve the quality of life for people with brain injuries and their families and to create a better future through prevention, research, education and advocacy.

Information Line: 1-800-444-6443 or www.biaks.org
Kate Kershaw, Program Development Coordinator, kkershaw@biaks.org

Betsy Johnson, Executive Director, bjohnson@biaks.org
Heather Matty, Resource Liaison, hmatty@biaks.org

Brain Injury Association
of Kansas & Greater Kansas City
6405 Metcalf Ave., Suite 302
Overland Park, KS 66202
www.biaks.org

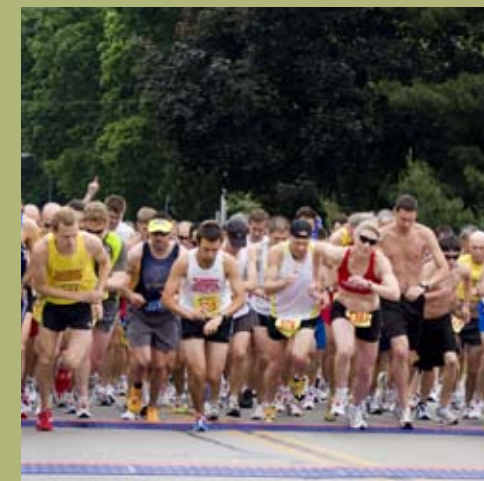
KU Med support group at the "K"

The TBI and SCI Support Group of the University of Kansas Hospital attended the Royals game on Sunday, September 27th. Close to 40 people participated! Tickets to the game were complimentary from the KC Royals Charity Foundation. A good time was had by all with plans to cheer on the Royals again in 2010!

amy thompson run to daylight

May 25, 2009 marked the 22nd Anniversary of the Brain Injury Association of Kansas and Greater KC (BIAKS) annual benefit, the Amy Thompson Run to Daylight. This event featured an 8K and 2 mile run/walk, as well as a Kiddie Dash for the youngsters. Over 2,600 runners and walkers participated in this year's event, showing their support of our organization and those living with the effects of brain injury. Chad Grotewiel was this year's Honoree. He suffered

a Traumatic Brain Injury as the result of a car accident 12 years ago. He and his family have made the Run a tradition to participate in. 34 family members attended this year in support of Chad. Thank you to the Thompson Family, all our sponsors, participants, volunteers and supporters through the years! We simply could not do what we do for survivors, family and in community awareness without your support! We look forward to seeing you again next year!



support groups

Greater Kansas City

Overland Park - 3rd Wed. of the month, 6-8 pm, Communityworks, Inc. Contact Sarah Jansen @ (913)789-9900.

Gardner, KS - Last Sat. of the month, 3 pm, Meadowbrook Rehabilitation Hospital, 427 W Main. Jennifer Jodlowski, (816)856-8747.

Lee's Summit, MO - 2nd Tues. of the month, 7-8:30 pm, Truman Medical Center, Lakewood, 7900 Lee's Summit Rd, Summit Woods Conference Rm. Contact Dawn Tish @ (816) 404-8426 or dawn.tish@tmcmcd.org.

Kansas City North - 1. 2nd Tues. of the month, 7 pm, Hillside Christian Church, 900 N.E Vivion Rd. Contact Kathryn Dixon @ (816)353-8754.

2. 3rd Thurs. of the month, 7 pm, The Moment of Truth Baptist Church, 310 Randolph Rd, Claycomo, MO. Contact Dennis Lamp @ (816)781-2383 or doc59lmp@hotmail.com.

Kansas City, KS- 2nd Tues. of the month, 4:30-5:30 pm, KU Hospital, Wyandotte Room, Contact Dolly Wood @ (913)588-6945 or dwood@kumc.edu or Jo Ann Lierman @ (913) 588-0060 or jlberman@kumc.edu.

Shawnee Mission, KS - This group meets for social activities every Tues. at 6 pm. Johnny C's Pizza, 11200 W 75th St. Contact Melissa Krier.

St. Joseph, MO- 3rd Thurs. of the month, 6:30 pm at MERIL, 4420 S 40th St. Contact Lori Hanson @ (816) 279-8558.

Kansas

Burlington - 2nd Fri. of the month, 2 pm at the USD #244 Recreation Center, 1110 Shea St. Contact is Gayle Taylor @ (620) 364-2606.

Concordia - Contact Judie Deal @ (785)243-7221 or judie@occk.com.

Emporia - Every Tues (only while college is in session.), 5:15 pm, The

Earl Center, 1601 State Ave. Contact Emporia State University School of Counselor Education & Rehabilitation, (620)341-5799.

Fort Riley - 1st & 3rd Tues. of the month, 5:30-7 pm, for spouses and support persons, Family Readiness Group on Ft. Riley. Contact S.O.N Advisor (785)239-7291. Childcare provided, call in advance.

Fort Scott - Last Tues. of the month, 5:30 pm, Mercy Health Center. Contact Patty Magee.

Garden City - 3rd Mon. of the month, 6:30- 8:30 pm, Center for Independent Living, 1802 E Spruce. Contact Stacy Ritt @ (620)276-1900.

Lawrence - 4th Mon. of the month, 4:30-6 pm, Lawrence Public Library, 707 Vermont St. Contact Crystal Kirkpatrick @ (913) 789-9900.

Manhattan - 4th Thurs. of every month, 5:30 pm, United Methodist Church, 1609 College Ave. Contact Jane Mertz Garcia @ (785)532-1493 or jgarcia@ksu.edu.

Medicine Lodge - Meeting TBD. Contact Heather Henke, RN, Barber County Health Dept. @ (620)886-4023 or heatherhenkern@hotmail.com.

Paola - Last Thurs. of the month 7-9 pm, Holy Trinity Church, 609 E Chippewa. Contact Dana Butler @ dbutler@laytoncenter.org.

Salina - 3rd Mon. of the month, 7 pm, OCCK Inc, 1710 W Schilling Rd. Contact Jan Mendell @ (785) 827-6811 or janmen@cox.net.

Topeka - Meetings are the 1st Thurs. of the month, 3:30-5 pm, Topeka and Shawnee County Public Library, 1515 SW 10th Ave. Contact Toks Folake @ (785)235-1122.

Wichita - 3rd Tues. of the month 4-6 pm, Wesley Rehabilitation Hospital, 8338 W 13th St, Main Floor Dining Room. Contact Bonnie Stephens @ 316-729-1099 or bonnie.stephens@healthsouth.com.

Please contact the facilitator before attending a meeting or visit our website, www.biaks.org, for the most current support group information.