

Headway is a support and advocacy agency for persons with brain injury, other disabilities and seniors.

GALA UNITES FRIENDS AND COLLEAGUES

Headway's 18th annual spring gala, Unite & Move Forward at the Atrium, took place on May 18, at Rich's Atrium in Buffalo. This year's fundraising event was enjoyed by 175 guests. Thank you to all who participated and helped raise funds to benefit Headway of WNY, Inc.!

Guests enjoyed a variety of delicacies prepared and served by Rich's. The menu included a gourmet mashed potato bar, garden salad and roast beef carving stations. A specialty cake was donated by Wegmans.

The purpose of Headway's annual spring gala is to raise funds in support of the agency's mission – to

ensure that individuals in Western New York with brain injuries, other disabilities and seniors have access to advocacy, resources and support systems to enable them to live as independently as possible. We seek to educate the broader community about the causes, consequences and means of prevention of brain injury.

Special thanks to all of our donors and sponsors for their ongoing support and generosity. See list of sponsors on page 3.

The event featured the ever popular themed basket raffle, with a stunning array of more than 125 baskets, twelve unique silent auction items

and a lotto tree drawing.

Guests enjoyed live music, open bar, great food and camaraderie while bidding on silent auction items throughout the evening and participating in the basket raffle excitement.

Another prime purpose of Headway's special events is to raise awareness and promote advocacy in a supportive and celebratory atmosphere. The many colleagues, friends and family members present this year were a lively part of that purpose!

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Headway is a donor designated agency of the United Way

501C3 Non-Profit Organization



FROM THE DIRECTOR

Western New York summers are for many the crown jewel of living in this area. The warm lake regulated temperatures and numerous outdoor events and festivals beckon us outdoors. It is also a season to pay attention to the important measures that are helpful in preventing head injuries. These include wearing correctly rated helmets and headgear for outdoor activities including bike riding, ATV and equestrian sports, skateboarding and water skiing.

The increased travel in the summer also means attention to proper use of seat belts and safety seats every time we go in a car. It is a great season to enjoy and best when we all enjoy it safely.

Ronald Fernández, RRDS, CRC, LMHC
Director



SYMPOSIUM SUPPORTS WNY VETERANS

The 2nd Annual Veterans Symposium was held on June 14, at the Center for Tomorrow on the UB North Campus. The free event, co-sponsored by Headway of WNY, People Inc. and Catholic Charities was designed to encourage feedback and discussion about the signature injury of the Iraq and Afghanistan wars – blast induced TBI, and offer some professional insight into assessment, diagnoses and treatment options.

There were 35 people in attendance from across Western New York. We are grateful to the following speakers who shared information:

- Ronald Fernandez, RRDS, CRC, LMHC of Headway of WNY, Inc., provided the morning’s introduction and a foundation of TBI and blast injury
- Michael Santa Maria, PhD, board-certified neuropsychologist (ABPP-CN), focused on neuropsychological assessments.
- Elisabeth Mann, LCSWR, of the Erie County Medical Center, discussed counseling and treatment interventions

Although the event was free, two Continuing Education Units were offered at the rate of \$20 for pre-registered licensed mental health counselors and social workers. This annual symposium is offered to further discussions and address current community needs.

Information about co-sponsors:

Headway of WNY, an affiliate of People Inc., is a non-profit support and advocacy agency whose mission is to ensure that individuals in Western New York with brain injuries, other disabilities and seniors have access to advocacy, resources and support systems to enable them to live as independently as possible. Headway of WNY is committed to providing services for veterans and their families, particularly those with traumatic brain injuries. For more information, visit headwayofwny.org or call 716.408.3100.

People Inc. provides programs and services to more than 12,500 people with special needs, their families and seniors throughout Western New York and Rochester. Since 1970, People Inc. has assisted individuals to achieve greater degrees of independence and productivity. For more information, visit people-inc.org.

Catholic Charities Vision Military program offers supports and services to veterans and military families through direct services and collaboration with local agencies throughout Western New York. Current or former military members, veterans and their families can present a need at any community-based office of Catholic Charities. Services are tailored to meet the identified needs. In addition, Catholic Charities is a Network provider with NYServes Upstate. For more information, visit ccwny.org or call 716.877.8822.



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Ronald Fernandez, director of Headway, provided lead guitar and piano background music, with back up accompaniment provided this year by guest musician, Joe Cavaretta. Guests thoroughly enjoyed the talents of each.

Additional musical entertainment was provided by Molly Hayden Saper, longtime friend and advocate of Headway, who made a guest appearance at the end of the evening and shared a moving piece of vocal/guitar music.

This event would not be possible without the spring gala planning committee, who helped make this event happen.

- | | |
|--------------------|----------------------|
| Maggie Apotosky | Shawniece James |
| Felice Bumbaco | Christine Melchiorre |
| Danielle Cavaretta | Darlene Robida |
| Ron Fernandez | Sara Skerker |
| Ginny Haynes | Chris Van Veghten |
| Carolyn Isbrandt | |

Many thanks also to all the volunteers who were instrumental in keeping things running smooth throughout the evening.

- | | |
|-------------------|------------------|
| Hope Hoetzer-Cook | Deni Smith |
| Kathleen Janiga | Mare Steininger |
| Beth Mann | JoAnn Williamson |
| Jennifer Robinson | Tom Zdrojewski |

SPONSORS

Need, \$2,500
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Feroletto Law
Interim Healthcare
Schofield Care

Advocacy, \$250
Chris Van Veghten and Beth Mann
Mark and Nancy Reed

Support, \$125
Kevin Downes, Rapid Recovery
at Gowanda Rehab

HEADWAY'S ADVISORY COUNCIL OFFERINGS

The mission of Headway's Advisory Council is to provide consumer and professional guidance to Headway and other agencies who provide services and support to individuals with special needs.

Headway's Advisory Council has presented the Brooks Clubhouse as one exemplary model currently being utilized in the U.S. in advancing the continuum of care for individuals living with a brain injury. This article, an excerpt from Brooks Rehabilitation website, is being shared for informational purposes only.

THE ROLE OF ART IN BRAIN INJURY RECOVERY

Mar 23, 2017, By: *Cara Stewart, CTRS and Madeline Hearons, CTRS, Brooks Recreational Therapists*

From: www.brooksrehab.org/blog/the-role-of-art-in-brain-injury-recovery/#sthash

Brooks Rehabilitation recently collaborated with the Museum of Science and History (MOSH) in honor of Brain Injury Awareness Month. As part of this collaboration, Brooks gave a presentation on how brain injury affects our community and how art plays a crucial role in recovery.

Each year, an estimated 1.7 million people in the United States (US) sustain a brain injury. In fact, brain injury is a major cause of death contributing to about 30 percent of deaths in the US. Brooks not only provides treatment and recovery for those who have suffered from a brain injury, but we also aide in the awareness and prevention of brain injury.

During the presentation, the role of art was highlighted and how art helps with brain injury recovery. In addition, attendees participated in various brain teasers to simulate what it's like for brain injury patients to carry out day-to-day tasks.

Art therapy is one of many treatment modalities used daily with brain injury patients throughout Brooks' continuum of care. Art aides in the recovery process by allowing the patients to do something they enjoy. When utilizing art therapy as a treatment intervention, Brooks clinicians are working on various functional skills such as: fine motor skills, gross motor skills, standing tolerance, endurance, communication, expression of feelings, relaxation, socialization, memory and problem solving skills.

In the inpatient setting, art is used on a daily basis with both pediatric and adult patients. Art allows children to be creative while motivating them at the same time. One young patient, Claire, was very interested in coloring and painting. To help with her walking and coordination, her therapist painted her feet and had her walk throughout the gym. This allowed Claire and her family to see the



progress she made by the footprints she created. She was allowed to express herself daily by choosing the colors for her footprints. Claire enjoyed this so much that she was motivated to continue walking more each day.

Art therapy is also utilized at the Brooks Clubhouse with brain injury survivors. By utilizing arts and crafts, performing arts and gardening, clubhouse members can tap into their creativity and self-expression. Brooks also teams up with various non-profit organizations, such as Hope at Hand and Art with a Heart, by engaging our patients in group and bedside art therapy. Our Pediatric Adaptive Recreation (ASR) is another platform that offers increased socialization, while participating in structured art activities.

Brooks Clubhouse is located in Jacksonville, FL and is part of Brooks Rehabilitation, a full recovery center based in Florida.

The Clubhouse is a community health program that provides for the long-term recovery needs of individuals who have suffered an acquired brain injury. This day-program bridges the gap between medical rehabilitation, vocational training and community reintegration. It is currently the only Brain Injury Clubhouse in Florida and one of only 24 in the world.

For more information, go to brooksrehab.org or call 904.345.7600.

LIFE-CHANGING IPHONE AND IPAD APPS FOR PEOPLE WITH BRAIN INJURY

The following apps are just a sampling of the many apps available. Since no brain injury is the same, the usefulness of these apps will vary for each person. Several of these apps are free to download, however there are varying fees for some.

Audible: Listen to books on your Android device. Great for people who have trouble reading or who retain information more effectively by listening.

May Help With: Processing

Breathe2Relax: Portable stress management tool. The app is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's "fight-or-flight" (stress) response and help with mood stabilization, anger control and anxiety management.

May Help With: PTSD, Anxiety, Stress

Corkulous Pro: Collect, organize, and share ideas on virtual cork boards. "Pin" notes, labels, photos, contacts, and tasks. Group ideas visually on one board or spread ideas out across multiple boards.

May Help With: Organization

Dragon Dictation: Voice recognition app that allows users to easily speak and instantly see their words on the screen. Send short text messages, longer email messages and update your Facebook and Twitter statuses without typing a word.

May Help With: Communication

iBooks with VoiceOver: Search and instantly download thousands of popular book and magazine titles. iBooks works with VoiceOver, which will read the contents of the pages out loud.

May Help With: Hearing, Reading

ICE (In Case of Emergency): Store all the information you might need in an emergency in one convenient location. Names of doctors, medications you are taking,

medical conditions, allergies, and insurance information can be accessed with the tap of a finger. You can also use the app to find hospitals nearby in case of an emergency.

May Help With: Emergency

Naming TherAppy: Word-finding app to help people with aphasia practice important naming and description skills. Allows users to add their own images.

May Help With: Communication, Speech



Proloquo2Go: An alternative communication solution to help you if you have difficulty speaking. Natural sounding text-to-speech voices, high-resolution, up-to-date symbols, powerful automatic conjugations, a vocabulary of more than 7,000 items, and advanced word prediction.

May Help With: Communication

Proloquo 4 Text: Textbased communication app that gives a voice to people who cannot speak. It offers a customizable single screen layout for easy conversation, free natural-sounding voices in 15 languages, word and sentence prediction and social media.

May Help With: Communication

Spaced Retrieval TherAppy: Facilitates recalling an answer over expanding intervals of time (1 minute, 2 minutes, 4 minutes, 8 minutes) helps to cement the information in memory, even for those with impaired memory.

May Help With: Memory

T2 Mood Tracker: Designed for service members and veterans, this app helps you self-monitor, track, and reference emotional experiences associated with common deployment-related behavioral health issues like post-traumatic stress, brain injury, depression, and anxiety.

May Help With: Behavior, PTSD

PEOPLE INC. NEWS

APARTMENT APPLICATIONS ACCEPTED FOR PEOPLE INC.'S NEW INTEGRATED HOUSING PROJECT IN TONAWANDA

People Inc.'s new integrated housing project, Highland School Apartments on 105 Highland Avenue in Tonawanda, is accepting apartment applications for its wait list. The project brings together a diverse group of people who are eligible; as tenants can be those who have been diagnosed with a developmental disability or with a traumatic brain injury and for the general public who meet age and income guidelines.

Highland School Apartments houses 35 one-bedroom and three two-bedroom handicap adaptable apartments that include kitchen appliances. The building includes a community room with Wi-Fi, laundry facilities, storage in each apartment and a 24-hour on call emergency service. Tenants are welcome to have one small pet.



The adaptive reuse project includes substantial rehabilitation of the two-story former Highland School, into an integrated, vibrant residential community.

To learn how to apply for the wait list, go to people-inc.org/highland, email housing@people-inc.org or call 716.880.3890.



Chris Van Veghten, Headway of WNY, volunteer at a resource fair at Lackawanna High School.

OUTREACH INFORMATION

Did you know that Headway of WNY may be available to set up an informational table at some of your local events? We would like to spread the word on the subject of brain injury prevention and awareness, and let people know that Headway can be a useful resource for support and advocacy for survivors of brain injury. We have had tables at local community resource fairs, health fairs and hospitals. If you know of an opportunity like this for Headway to help get the word out, contact Ginny Haynes, advocacy and support specialist, at 716.408.3110.



Services Provided:

Licensed Practical Nurse
Registered Nurse
Home Health Aide
Personal Care Aide
Home Care Service Staffing
TBI Waiver Services
NHTD Waiver Services

Fees/Coverage:

Medicaid, Private Pay, Insurance,
Third-Party Billing

170 Franklin Street • Suite 205
Buffalo, NY 14202
Telephone: (716) 856-2702
Fax: (716) 856-8034

EMBRACE THE DIFFERENCE

Headway of WNY, Inc. would like our supporters to know that we are a participating charity listed with Embrace The Difference.®

If you are looking for a special gift with meaning or a unique piece of jewelry, please consider choosing a piece from Embrace The Difference® - Jewelry and Giftware.

This stunning collection is a beautiful way to show acceptance and kindness while making a contribution to Headway of WNY, Inc.

The symbol of interconnecting circles joined by a square show that we are all linked together no matter what difference we may have. The square is the difference, but is an integral part of the whole circle.

The symbol was designed by Robyn Zimmer, mother of a son with developmental differences. Robyn is well aware of the many challenges faced each day by

people with chronic illness, physical, emotional and developmental differences. The symbol is a simple yet powerful reminder to be kind and accepting for all are going through something.

Robyn's uplifting and inspiring symbol has been finely crafted into a complete line of jewelry that can be worn by all and \$10 to \$100 from each purchase is donated back to Headway of WNY, Inc.

Embrace The Difference® Jewelry and Giftware can be purchased at ReedsJensss locations or you can easily order online through reedsjewelers.com.

Headway is an official beneficiary of Embrace the

Difference. Each piece purchased is accompanied by a donation card. Please go to embracethedifference.org and redeem your donation card to benefit Headway of WNY, Inc.



IN MEMORY OF DAVID WRZOSEK



Headway of WNY, Inc. extends sincere condolences to the family of David Wrzosek and thanks the many friends and family members who graciously sent memorial donations in lieu of flowers to Headway of WNY, Inc. in response to the notice listed in *The Buffalo News* below.

Wrzosek - David B. "Davey" May 29, 2017 of Hamburg, NY. Beloved son of Thomas (Mary Lou Bogart) and late Maria (nee Mnych) Wrzosek; cherished brother of Tammy (Albert) Kline; devoted uncle of Sean and Aaron Kline; loving nephew of Stephanie (Mel) Geyer and John (Maggie) Mnych; dear cousin of Mike, Dan, Elizabeth, and Nicole. Friends received at LAKESIDE MEMORIAL FUNERAL HOME, INC. 4199 Lake Shore Rd. (corner Camp Rd. and Route 5) Hamburg, NY 716-627-2919 on Thursday from 4-7 PM. A Mass of

Christian Burial will be held at St. John Paul II Church Friday at 10:30 AM. Please assemble at church. In lieu of flowers, memorials may be made to Headway of WNY (for traumatic brain injury). Please leave online donations and condolences at www.lakesidefuneralhome.com.

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YOU ARE NOT ALONE, MOVE FORWARD WITH HEADWAY.

HEADWAY'S SUPPORT GROUPS FOR SURVIVORS OF BRAIN INJURY AND THEIR FAMILIES

All meetings, except as noted, will take place at Headway of WNY
2635 Delaware Avenue, Suite E, Buffalo, NY 14216 • 716.408.3100
(Please take note of changes to dates and times of support groups)

PEER SUPPORT

Enter at Suite B
First and third Tuesday of each month
6:30 to 8 p.m.

CAREGIVERS SUPPORT

Enter at Suite E
First Tuesday of each month
6:30 to 8 p.m.

PLEASE NOTE:

If the Buffalo Schools are closed due to inclement weather, support meetings listed here are also cancelled.

PEER SUPPORT IN RURAL COMMUNITIES

DeGraff Hospital/Admin Board Meeting Room
445 Tremont Street, North Tonawanda, NY 14120
Second Tuesday of each month
4:30 to 6 p.m.

*If you have questions,
call 716.694.4500
or 716.523.9623*

Do you wish to continue to receive this newsletter? If not, please contact our office at 716.408.3100 to be removed from the subscription list.

HEADWAYOFWNY.ORG