

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



*Headway's*  
**Fired Up**  
*at the Foundry*

*17<sup>th</sup> Annual Spring Gala*  
Thursday, May 19, 2016 • 6 - 9 pm  
The Foundry Hotel & Suites  
1738 Elmwood Ave, Buffalo, NY 14207



**HEADWAY**  
OF WESTERN NEW YORK, INC.  
AN AFFILIATE OF PEOPLE INC.

## JOIN US FOR OUR 17TH ANNUAL SPRING GALA

We invite all to participate in Headway's largest annual fundraising event of the year. There's still time to get involved...please make your plans now to join us!

*Headway's "Fired Up at The Foundry"* will be held on Thursday, May 19, at The Foundry Suites, 1738 Elmwood Avenue, Buffalo.

Basket raffle and ticket order forms are enclosed in this newsletter. You may also find all event details and purchase tickets online by visiting our How To Help section on our website, [headwayofwny.org](http://headwayofwny.org).

We sincerely hope you will join us for a celebratory evening of silent auction bidding, basket raffles, live music, good food and great company.

Please know that your generosity directly affects our ability to provide care and quality support services to many individuals and families in Western New York who may be facing a life-altering situation.

Headway is a non-profit agency whose mission is to ensure that individuals in Western New York with brain injuries and other disabilities have access to advocacy, resources and support systems to enable them to live as independently as possible. We seek to educate the community about the causes, consequences and means of prevention of brain injury. This event helps us to fulfill our mission.

If you have any questions about the event or if you require further information, call 716.408.3117.

“  
Please know that your generosity directly affects our ability to provide care and quality support services to many individuals and families...  
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*Headway is a donor designated agency of the United Way*  
*501C3 Non-Profit Organization*

## THEMED BASKET AUCTION IS PART OF HEADWAY'S SPRING GALA TRADITION

Get ready to participate in one of the most fun and diverse basket auctions that you'll find at any Western New York fundraiser this year!

The themed basket auction at Headway's *Fired Up at the Foundry* on May 19 will be one of the focal points of the event and we're asking you to help make it the best yet! Join us as we prepare for this much anticipated event. We would be very grateful if you are able to make and donate a basket. We would even be willing to put the final touches on it for you, like basket wrap and ribbons!

In addition, we will be happy to wrap and set up baskets with your donation of new or very gently used items. Do you have any Christmas items that may need re-gifting? Perhaps a bottle or two of wine you are willing to part with? Gift cards for stores you don't frequent? It is likely we can find a good home for items such as these. Not only will you be donating to a great cause, you will also receive an acknowledgement letter to use for tax purposes. We truly appreciate your contributions.



We are also in need of new or gently used empty baskets, cellophane basket wrap, ribbons, bows, basket grass and other decorating materials to help our basket creators with their innovative creations!

Headway is a support and advocacy agency dedicated to assisting survivors of brain injury and other disabilities. While we try to reach out to every survivor who contacts us, much of our work is not reimbursable through insurance or other standard means, and is supported by our fundraising.

Help us let these survivors know that they are not alone... support Headway with your donations and your presence at the spring fundraiser. Please complete the donation and/or ticket form enclosed in this newsletter as soon as possible. The gala will be here before you know it!

## YOUR MEMBERSHIP

*It's more than simply a checkbook relationship*

Headway's members are the backbone of the agency. We rely on our significant membership to help keep us moving in the right direction. That direction is toward more positive outcomes for those whose lives have been altered by a traumatic brain injury or other related disability.

Membership is a vital component of Headway's overall service initiative plan. Very often, we rely on our members to help with advocacy and educational outreach. Additionally, we ask our members first (before the general public) of their interest when volunteer positions open up. We want our members to be aware of and involved in the work we are doing.

One of our membership goals this year is to create community and make a positive impact on the real issues that affect our members and their loved ones.

Membership helps make it possible for Headway to continue to provide supports in the community, including the following:

- Support groups for survivors of brain injury
- Support groups for caregivers and families
- Support groups for veterans
- Quarterly newsletters
- Resource guides
- Educational outreach
- Advocacy
- Community information
- Assistance in accessing other support systems as needed

If you are a current member, please watch for your renewal notice in the mail. Renewal notices are sent out on a monthly basis and are dependent on which month you joined. For example, if you initially joined in June 2015, your membership is valid through June 2016, and your notice will arrive before the end of June 2016.

If you are not yet a member and would like to become one, we invite you to become more involved in the agency and help us move forward in a positive direction. Please see our website for printable membership forms or call us at 408.3117 to request one.

Thank you for your support and consideration. We are fortunate to have such strong membership at Headway and hope to keep this tradition growing even stronger over the course of the next year.



## VETERAN SERVICE NEWS

Many service members have been diagnosed with a traumatic brain injury (TBI). These diagnoses are deployment and non-deployment related. Headway of WNY recognizes the need for more TBI specific needs within the community and is working towards developing effective services for survivors.

Currently, Headway is collaborating with Catholic Charities to conduct a focus group. As service providers, we want to know what is working well in the community and what could use some improvement. We invited current and former service members and their caregivers, family members and significant to talk about these issues. The event was held on April 13, and a larger Veteran's Symposium is in the planning stages and scheduled for Wednesday, June 22. Event details will be announced on our website.

With the feedback given, Headway hopes to gain a new perspective of veteran services. We want to be able to provide the best services possible to our nation's veterans and close the gaps for those who are not receiving adequate service.

Headway recently participated in the Spring it On Buffalo campaign and raised money that will be going towards the Bibliotherapy support group named: Wordplay – Compassionate Healing, One Page at a Time. The members of this group use Kindles to read and the money raised will be used to buy E-books that are conducive to those whom experience symptoms of post-traumatic stress disorder and TBI. We would like to thank everyone who has contributed to this program. There are still more spots available for this group! If you or someone you know would like to be a part of this group, contact Shannon W. at 716.408.3100.

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## WORKING TOGETHER WITH BIANYS

Headway of WNY is working more closely with the Brain Injury Association of New York (BIANYS) to provide information regarding brain injury and resources for people and families. BIANYS works on behalf of people with brain injury at a state level and are based in Albany. Their mission is similar to Headway and working together can bring more awareness, understanding and resources to Western New York regarding brain injury.

As part of this effort, Headway will host an educational forum with BIANYS, entitled, Aging and TBI, on May 4, at 6 p.m., at the Museum of disABILITY History, 3826 Main Street, Buffalo. There will be a short presentation on the subject and an interchange with a panel of experts. Admission for this event is free, but seating is limited so people who are attending are asked to email their intent to attend to [Support@Headwayofwny.org](mailto:Support@Headwayofwny.org). Additionally, BIANYS will be having a meet and greet earlier that day on May 4, at ECMC, from 2 to 4 p.m.



**“Our trauma teams perform miracles saving lives. But brain injury is a chronic impairment. TBI survivors are entitled to whatever support, guidance and opportunities they need to participate and enjoy activities to the maximum extent possible. Headway of WNY is crucial to achieving and maintaining quality of life for persons with brain injuries.”**

**- Deborah Insalaco, PhD, CCC-SLP  
SUNY Buffalo State**



## DINING OUT FOR HEADWAY

In recognition of National Brain Injury Awareness Month, our Second Annual Dining Out for Headway event was held on March 16. This year's participating restaurants were:



**Fat Bob's  
Smokehouse**



**Ristorante  
Lombardo's**

Many thanks to all who participated in the event! We are pleased that so many of you came out to show support, help fundraise and enjoy exceptional food at the same time!

*Dining Out for Headway: A Nourishing Event in Support of Headway of Western New York, Inc.* is an initiative to raise awareness and help provide supports to those in WNY whose lives have been affected by a traumatic brain injury (TBI).

Headway asks participating restaurants to donate a percentage of each Headway food sales back to agency. This event is just one way that Headway is asking the larger Western New York community to get involved in raising awareness about traumatic brain injury and other related disabilities.

We will continue to expand on the successes and lessons learned over the course of the two dining out events, with the intent to build on that experience for the planning of next year's Dining out for Headway event – stay tuned!

## TBI AND NHTD WAIVER TRANSITION DATE EXTENDED

The Department of Health announced after the 2016 budget was finalized that the planned dates for the TBI and NHTD waiver transition start have been moved from the beginning of 2017 to begin January of 2018. The extension will allow the state more time to work out details of a transition plan and allow for public comment and federal review. Headway of WNY is the regional center for both of these waivers and it is expected that the administration of these programs will continue without major changes while this process goes forward: both programs are an option for long term care for those who qualify and both programs continue to accept referrals.



## WORDPLAY - COMPASSIONATE HEALING, ONE PAGE AT A TIME

Thank you to all who donated to Headway's Reading Support Group for WNY Veterans during the Spring It On 2016 campaign on March 24. We are grateful for your support and generosity!

Wordplay - Compassionate Healing, One Page at a Time is offered in partnership with ECMC and the Christopher & Dana Reeve Foundation.

The group meets on the first and third Thursday of each month at Headway, 2635 Delaware Avenue, Buffalo, NY, from 6:30 to 8 p.m. New members are welcome!

We are pleased to be able to continue to offer this innovative support group that provides numerous benefits to its participants, including improved social skills and enhanced empathy.

With the help of the Spring It On campaign and other ongoing fundraising initiatives, Headway is able to provide some additional resources which will enhance the group's sustainability.

Thank you again for your support!



# ONE VOICE FOR BRAIN INJURY 2016 ANNUAL CONFERENCE

***New Look! New Location! New Excitement!***

Brain Injury Association of NYS is pleased to Announce:  
The 34th Annual “One Voice for Brain Injury” Annual Conference  
Featuring Keynote Address by Dr. Jessica B. Schwartz, PT, DPT, CSCS

***When: June 9-10, 2016***

***Where: Holiday Inn, Saratoga Springs, NY***

Enjoy all the beautiful sites only Saratoga Springs can offer!

Download the conference program and registration to submit via mail.

Scholarship information is now available for download.

Additional BIANYS events are happening in Saratoga leading up to the conference. Join us for:

Certified Brain Injury Specialist Training: June 7

Professional Symposium: June 8

Exhibit space and advertising opportunities are available for the Professional Symposium and Annual Conference. Limited exhibitor space is available – download the Exhibiting/Advertising information and contact BIANYS to learn more.

Do you know someone making a difference for people with brain injury? BIANYS is accepting nominations for our annual awards ceremony. Download the awards nomination form to learn more about categories and let us know who should be recognized!

**For more information, email [info@bianys.org](mailto:info@bianys.org) or call 518.459.7911. To download information or to learn more about the conference, go to [bianys.org](http://bianys.org).**

## ***About keynote speaker, Dr. Jessica Schwartz:***

Dr. Schwartz is program director for the Evidence In Motion Concussion Certification, an orthopedic residency trained doctor of physical therapy, a national spokeswoman for the American Physical Therapy Association and a post-concussion syndrome survivor, advocate and concussion educator.

After spending a full year in rehabilitation experiencing the profound dichotomy of both doctor and patient, Dr. Schwartz identified the gaps in concussion treatment and management in the global healthcare community. Her vision is to facilitate collective competence across the healthcare continuum in order to better identify, treat, and care for the concussion patient of today.

By speaking candidly about her experience with post-concussion syndrome, Dr. Schwartz hopes to facilitate learning from provider to provider, patient-to-provider and caregiver-to-provider honing in on the power of storytelling and collegial communication from a place of candor, curiosity and enthusiasm.

## HELMET SAFETY

**DOES YOUR HELMET FIT CORRECTLY? DO NOT WEAR HATS OR BANDANNAS UNDERNEATH YOUR HELMET. HELMETS BEST PROTECT WHEN WORN ALONE AND SNUGLY FIT ONTO YOUR HEAD.**

# RENEWED VOLUNTEER INITIATIVE

Headway of WNY started as a “grass roots agency” more than 30 years ago. For many years, people in Western New York volunteered their time and efforts to address the needs of individuals and families whose lives had been altered due to a traumatic brain injury. As the agency grew, services were expanded to include seniors and individuals with other cognitive issues (acquired disabilities).

Volunteers have been involved in all phases of the growth of Headway of WNY, Inc. and they continue to be a vital part of the agency.

To further support and foster volunteers at Headway, we are planning events and trainings that help our volunteers know they are valued and appreciated.

The hope is that increased efforts will bring more people to Headway to assist in furthering our mission and vision. There are many volunteer opportunities at Headway, including:

- Fundraising events
- Outreach in the community, including talking to groups and sharing personal experiences (only for those who are comfortable doing so) to raise awareness and provide advocacy.

For those who might be interested in getting more involved, all upcoming events and trainings will be announced on our Facebook page and posted on our website, [headwayofwny.org](http://headwayofwny.org).



**...increased efforts will bring more people to Headway to assist in furthering our mission and vision.**



## Support for Seniors and their Caregivers

### Senior Companion Program Now accepting volunteers

Assists seniors who have difficulty with daily living tasks so they can retain their dignity and independence. Both seniors receiving help and their Companions are 55 or older, living in Erie county and meet income eligibility requirements. Companions assist with tasks such as:

- Grocery shopping and errands
- Light cooking and housekeeping
- Alerting doctors and family members to potential problems
- Providing respite for caregivers

**Volunteers are currently being accepted to enroll in our upcoming training session**



**716.768.2381**



### Senior Outreach Program Available in Kenmore, Grand Island, North Buffalo and Tonawanda (city and town)

Provides case management services to seniors age 60 and up who need support to continue living in their homes.

Seniors and their caregivers receive a variety of assistance, including:

- Homecare/Housekeeping
- Caregiver Resources
- Adult Day Care
- Medicaid/Medicare
- Home Energy Assistance Program
- Food Stamps

**Funded by the New York State Office for the Aging and Erie County Department of Senior Services**

**716.768.2357**

## PEOPLE INC. NEWS

### FREE TRAINING FOR PARENTS

People Inc. offers the Incredible Years Program for parents of children with disabilities to learn new skills and coping methods. The free training teaches parents how to help their children develop, including: improving self-esteem and self-concept and decreasing negative behaviors at home, as well as decreasing peer aggression and disruptive behaviors in school. The program provides tips on how to cope with stress, avoid power struggles, determine appropriate consequences and develop creative and imaginative play with your child. For more information or to enroll in our upcoming session for the spring or summer, contact Shannon Bianco at sbianco@people-inc.org or by calling 716.880.3826. The free training is made possible by a Family Support Services grant through the WNY DDSO.



PeopleInc

Where your world opens up.

## Plan ahead for affordable senior living!

*A short wait to join our community*

- Independent seniors age 62+
- Monthly rent based on income
- Some utilities included
- One-bedroom apartments with kitchen
- Safety features included
- Small pet-friendly

**Apartment Locations:** Amherst • Angola • Blasdell  
Cheektowaga • Clarence • Grand Island • Hamburg  
Lackawanna • Lockport • North and South Buffalo  
Springville • West Seneca • Wheatfield • \*Akron

*\*Our Akron apartments are also for individuals age 18 or older with a qualified disability. Amenities vary.*

**716.817.9090**





2635 Delaware Ave., Suite E  
Buffalo, NY 14216

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Buffalo, NY  
PERMIT #281

## 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.

#### VETERAN'S READING GROUP

Enter at Suite B  
First and third Thursday  
of each month  
6:30 to 8 p.m.  
716.408.3110

#### 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  
about cancellations due  
to inclement weather,  
call 716.694.4500 or  
716.523.9623*

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