

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

HAPPY RETIREMENT, DIANA LANDWEHR!

By Chris Van Veghten, Headway Volunteer and Advisory Council and Special Events/Action Committee Member

Diana Landwehr has been the heart of Headway of WNY for many years. It is with great sadness that we say goodbye to her as she enters the next phase of her life. She and her husband, Ralph, are moving to Vermont to be closer to their son and granddaughter. We sat down with Diana as she reflected on how she became involved with Headway, the issue of brain injury and how Headway has grown through the years. In her own words, Diana shared:

“February 24, 1978, was my introduction to traumatic brain injury. My husband Ralph, a truck driver, was approaching the Grand Island bridge when his left front wheel mechanism sheared apart. When the cab of the truck was thrown into the railing of the bridge, it tipped, he went through the windshield and fell 50 feet into the Niagara



River. He went through the ice headfirst and submerged. After his rescue, he was taken to a local hospital where he spent a month in a coma and was hospitalized for six months in total before being released to home. Although he was physically better, his behaviors were very different, his personality was different and at times he did not know his family. Wanting him to get further treatment, but facing limited insurance coverage, and a lack of local services at the time, he was admitted to the mental health unit of the VA hospital in Canandaigua, NY.

I soon realized that was not the kind of care he needed. Many of the medical professionals there and throughout the area at the time offered very little help and had limited knowledge about traumatic brain injury. I knew I needed to find others with more knowledge and needed to meet with people in similar situations to work together to increase knowledge and services in New York state.

A local doctor helped with outreach as we met other survivors of brain injury and their caregivers who were beginning to put Headway of WNY as an organization together, forming support groups and talking to legislators about the need for more services. We formed a board of directors for Headway (then it was called Headway for

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SUCCESSFUL ANNUAL SPRING FUNDRAISING EVENT

On May 28, Headway of WNY celebrated 30 years with its *Diamond Anniversary Gala – 30 Years of Caring, presented by ECMC.*

This year's event was held at the beautiful Classics V Banquet Center in Amherst with more than 250 people in attendance. The evening featured the ever popular themed basket raffle (with 200+ baskets), a silent auction with eighteen fabulous items, live music offered by Headway's own, Ron Fernandez (director of services and support) and an awesome assortment of great food and drink. Lively conversation and camaraderie filled the rooms as winning numbers were drawn and silent auction bidding ensued.

A highlight of the evening was a special retirement tribute presented to Headway's founder, Diana Landwehr, in honor of her 30 years of dedication and commitment to

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Headway is a donor designated agency of the United Way

501C3 Non-Profit Organization



WALK, RUN & WHEEL

6th Annual 5K Run to Benefit Headway of WNY

Presented by Feroletto Law

Sunday, September 13, 2015 • Erie Basin Marina & Templeton Landing

Make plans now to join us in Buffalo on Sunday, September 13 for Headway's Annual Walk, Run & Wheel, 5K event!

This is an active/healthy, family friendly, fun event that takes participants along a scenic course that loops around Erie Basin Marina and continues up along Canalside. It's a great way to get some early morning exercise and help Headway make a difference in the community. Additionally, participants are encouraged to ask friends and family members to make pledges/donations to help raise funds. Hope to see you there!

This year's event begins and ends at Templeton Landing

Pre-Registered Check-In/Package Pick-up:	8:00 a.m. – 8:45 a.m.
Day of Registration:	8:00 a.m. – 8:45 a.m.
Line Up Time:	9:00 a.m.
Start Time:	9:30 a.m. Sharp!
Post Walk, Run & Wheel Awards Festivities:	10:30 a.m. – 12:30 p.m.

Music, food/drink, prizes, raffle and awards presentation



Prizes will be awarded in the following categories:

- Team with most funds raised
- Individuals with most funds (1st and 2nd Place)
- Male, Best Time in 5K
- Female, Best Time in 5K
- 1st and 2nd Best Time placed within each age group (10 age groups)

Pre-registration continues through Wednesday, September 9, 2015 at midnight.

Pre-register by completing the registration brochure which is enclosed in this newsletter and also available on our website at headwayofwny.org or you may go directly to Active.com this year and register as an Individual or as a Team. Select the fundraising option to gather your pledges or complete the pledge section on the brochure and turn in at the registration table the day of the race. Either way, it's a great way to give your friends and family an opportunity to support you as you walk, run or wheel for a great cause!

Pre-Registration Active.com Rates

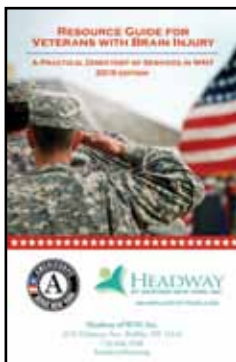
Walk/Wheel, 1-3 Miles	\$20
Run, 5K	\$25
Walk/Wheel, 5K	\$25

Other Pre-Registration Members Only Rates

Walk/Wheel, 1-3 Miles	\$18
Run, 5K	\$22
Walk/Wheel, 5K	\$22

Day of Event Registration Rates

Walk/Wheel, 1-3 Miles	\$25
Run, 5K	\$30
Walk/Wheel, 5K	\$30



NEW RESOURCE GUIDE FOR VETERANS WITH BRAIN INJURIES

The second edition of the Resource Guide for Veterans with Brain Injuries is set to arrive in August 2015. This edition will include more than 30 new organizations that are found both in Western New York and nationally. There are new sections of the guide, which will help both the Veteran and their family. This is a great comprehensive guide of resources for all Veterans. This guide would not be possible without the help of United Way of Buffalo and Erie County, Freedom Village, and Catholic Charities. If you would like a copy of the second edition of the Resource Guide for Veterans with Brain Injuries, contact Headway of WNY at 716.408.3100 or 716.408.3110.

Brain Injury, the name was later changed to Headway of WNY) and I started a support group for spouses of survivors of brain injury. We talked to a lot of groups about the importance of wearing helmets.

I helped to run a recreation program in the earlier days, where we did some camping trips, horseback riding and went on other day trips. We found it helped survivors and their families forget their pain, make new friends and have some much needed fun. We began a strong advocacy program, and Headway, along with a number of other agencies throughout the state, was part of encouraging the state legislature to start the DOH Medicaid Home and Community Based Waiver Services program, which has helped thousands state-wide and hundreds here in Western New York, and helped to promote increased services for survivors of brain injury. Throughout its early years, Headway was an all-volunteer organization. I worked with many wonderful people in trying to increase knowledge of brain injury, provide support and advocate for better services.

I was eventually able to find a good residential program for Ralph in Massachusetts. As they worked with him on his behaviors, he was eventually able to return home. The medical community has done a lot in recent decades to help people survive brain injuries, but Headway and other organizations are needed to help people with the next step...the very difficult task of living with the disabilities brain injury causes. I am proud of the many things that Headway has accomplished.

We ran a clubhouse and recreation program for many years. Headway's advocacy was a part of NYS starting the TBI Medicaid waiver program. We were appointed the WNY Regional Resource Development Center for this program, and we later became the RRDC for the Nursing Home Transition and Diversion Waiver also. We have grown from an all-volunteer agency to one that employs a growing number of people. Headway is an agency that leads the way

in Western New York with support and advocacy for persons with brain injury. We have reached thousands with in-services to students, professionals and community groups, as well as to just being there to answer the phone for individuals and families in crisis.

I've worn a lot of hats through all this. I have worked for the Brain Injury Association of New York State (BIANYS) as a FACTS (Family Advocacy Counseling and Training Services) Coordinator. I have been on the board of directors for BIANYS and served as one of the governor's appointees to the state Traumatic Brain Injury Services Coordinating Council. At Headway, I have run support groups, recreation programs, helped to write grants and proposals, given in-services and presentations and answered the phone. I have had titles such as board president, director, and most recently director of support and advocacy – all as a volunteer.

“
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”

In the 30 years since Headway began, I can see there is more awareness and knowledge concerning brain injury. People now wear

seatbelts regularly and are much more likely to wear bike helmets, for instance, and things like sports concussions and blast injuries in the military are more a part of the conversation. But there is so much more work to do! Lately, it seems like we have stopped making progress and have had to fight to hold on to gains we have made. We have to do better than this, we have to fight to go forward!

I have really enjoyed a lot of what I have done with Headway, especially reaching out and making new friends through the years. I hope I was able to help some people navigate the maze as they entered this new world of brain injury, as I did in 1978. I want to encourage others to get involved and to help with this also, as the need is still there! We need the input of many people to do the support and advocacy that is the basis of Headway. I will miss Headway and all the friends I have made here, and I thank so many of you for your kind words. I wish you all the best.”

Save
the
Date



Adaptive Recreation Expo

Recreation Opportunities for Individual of all Abilities

September 19, 2015
10am - 3pm

Buffalo Niagara Court Center
425 Meyer Rd
West Seneca NY 14224
*(Use Birchwood off Center Rd/
Rt 16 to cross the 400)*

Join in the fun!

- Volunteer Opportunities
- Wheelchair Basketball
- Wheelchair Obstacle Course
- Fish Casting Contest
- Adaptive Paddling
- Learn to Paint with Your Mouth
- Quad Rugby



Find us on Facebook
WNY Adaptive Recreation Expo

Accessible transportation available. For more information, email WNYAdaptiveRecExpo@gmail.com

(716) 364-8219

"Successful Annual..." continued from page 1

the agency. Headway continues to evolve due in large part to Diana's unwavering commitment and dedication. Thank you, Diana!

Six levels of sponsorships were offered this year and the following people and organizations were instrumental in making this a spectacular event!

Thank You Sponsors!

Trust: \$3,500

Erie County Medical Center (ECMC)

Hope: \$2,500

Landwehr Family

Integrity: \$1,250

Elmwood Health Center
Health Force

Reliability: \$500

All Metro Health Care
Allwel
Blackburn's Dove Medical
Supplies
Denio Family
Feroletto Law
Parkview Health Services
Venture Forthe

Transition: \$250

Heritage Christian Services
Martha C. Leung
Merrill Lynch
Jerry and Jane Piskorz
Rich Products Corporation
Toffoli Family
Chris Van Veghten and
Elisabeth Mann
Vision Electronics Group

You: \$125

Buffalo Bills
Buffalo Fire
Elder Care Solutions
Gowanda Rehab
Upstate Rebar, LLC

We especially want to thank our presenting sponsor, ECMC, for partnering with us on this event. We are truly grateful for their continued commitment to bettering lives throughout Western New York.

Thank you to all our sponsors for helping to make this year's event a great success!

The combined efforts of all involved helped raise more than \$30,000 to help ensure that individuals in WNY with brain injuries and other disabilities, and seniors have access to advocacy, resources and support systems to enable them to live as independently as possible in the community.



Special thanks to the following for their help in making Headway's 30th Diamond Anniversary Gala a memorable one:

- Headway and People Inc. staff members for volunteering in a variety of capacities to keep the evening moving along smoothly.
- Susan Borden for representing the Making Your Mark art table and providing assistance with donations for the Landwehr Family TBI Assistance Fund (see article in this newsletter about this fund).
- Buffalo Press, Inc. for donating event ticket printing services.
- Ronald Fernandez, musician extraordinaire, for providing back ground music, vocals and presentations throughout the evening.
- Wegmans for providing a beautifully decorated themed dessert cake.
- Rich Products for donating cakes to compliment the dessert table.
- WNY Imaging Systems for donating the use of a copier for use during the basket raffle.
- 30th Diamond Anniversary Gala 30th Anniversary Committee Members:

Maggie Apotosky	Christine Melchiorre
Felice Bumbaco	Carrie Mendola
Shannon Deans	Kelly Mendola
Diana Landwehr	Darlene Robida
Mary Anne Lystad	Chris Van Veghten
Elisabeth Mann	

Thank you all for your ongoing commitment and support! We look forward to our next spring event in 2016!

UPDATE ON NEW VETERAN'S READING GROUP

Wordplay - Compassionate Healing, One Page at a Time, held its first meeting on June 4, at Headway of WNY. Three Air Force Veterans and facilitators attended the session. Each participant shared a part of their own story and discussed what they would be interested in reading. The group will meet every first and third Thursday each month from 6:30 to 8 p.m. at Headway of WNY, 2635 Delaware Avenue, Buffalo. Upon successful completion, those who have participated will have the opportunity to retain the Kindle Fire that will be utilized throughout the six-month program.

We encourage those who have served in the Armed Forces who have PTSD, brain injuries and/or orthopedic injuries who may be interested in participating in this new reading program to contact Shannon Deans at Headway of WNY at sdeans@headwayofwny.org or by calling 716.408.3110.

For more detailed information about the program and/or bibliotherapy, contact Dr. Ken Sroka, sroka@canisius.edu or by calling 716-674-5876.

Thank you to all of our partners of this exciting new program!



DID YOU KNOW?

NATIONALLY, ALMOST HALF A MILLION EMERGENCY ROOM VISITS ANNUALLY FOR CHILDREN 0 TO 14 YEARS OLD, ARE TRAUMATIC BRAIN INJURY RELATED.

FEROLETO LAW

INJURY ATTORNEYS

clients first.

**HEADWAY FRIENDS:
THANK YOU FOR ALL YOU DO**

**JOHN FEROLETO
PAUL BECKER
CHRISTINE VOGEL**

www.yourbuffalolawyer.com
(716) 854-0700



From left: Eileen Reardon, BIANYS executive director; Diana Landwehr; and Lois Tannebaum, BIANYS president.

DIANA LANDWEHR RECEIVES BIANYS FOUNDER'S AWARD

Headway of WNY Founder Diana Landwehr was presented with the Founder's Award at Brain Injury Association of NY's 33d Annual Conference in Albany on June 5. The award was given to recognize outstanding efforts in helping to establish new services or opportunities for persons with brain injuries and their families.

Below is an excerpt from the presentation:

"When Diana's husband Ralph was the victim of an auto accident about 30 years ago, he survived a serious traumatic brain injury. Like many others, Diana got a crash course in supporting a family member with a brain injury. Then she took this information and put it to use for others. With a group of family members and survivors, she founded Headway for Brain Injury, a support and advocacy agency serving the six counties of Western New York (now a BIANYS affiliate). Headway has grown from a small volunteer agency to a large one with a six-figure budget and multiple staff.

Diana has served the agency as a volunteer for 30 years and was most recently their support and advocacy director. She was responsible for regular support groups, telephone counseling with families and provided numerous educational in-service trainings on traumatic brain injury for families, the community and professionals. She has guided and supported this agency since its infancy and has touched literally thousands of lives through her support and advocacy efforts in Western New York.

It is in recognition of these efforts – and more – that we present Diana Landwehr with the Founder's Award, recognizing her outstanding efforts to help establish new services or opportunities for persons with brain injuries and their families."

CHANGES IN MEDICAID ANTICIPATED

A recent letter from Jason Helgerson, New York State Medicaid director, stated that, *"The Department is committed to developing policies and procedures that will promote a smooth transition (from Medicaid TBI and NHTD waivers) of these benefits (to Medicaid Long Term Care). We support and recognize the importance of maintaining these services and the important role they play in providing access to health care and supportive services for these vulnerable populations. To that end, the Department is extending the implementation date (for this transition from waiver services to MLTC) from January 1, 2016 (for NHTD services) and April 1, 2016 (for TBI services) to January 1, 2017 (for both waivers)."*

The letter went on to say that in order to ensure the thoughtful development of a transition plan, the department will convene a stakeholder work group which will discuss and develop recommendations regarding all of the issues involved. The work group is expected to be convened shortly with recommendations to be submitted by August 1, 2016.

We will continue to follow this topic for further developments. For more information, visit the Brain Injury Association of New York State website: bianys.org/advocacy/priorities/managed-care

REACHING OUT TO SOCIAL WORKERS

In April, staff and volunteers of Headway of WNY had the opportunity to collaborate with ECMC in launching a new continuing education program for its staff social workers.

Elisabeth Mann, LCSW-R, ECMC staff member and Headway volunteer offered a presentation on "Improving Treatment Strategies for Individuals with Traumatic Brain Injuries (TBI) and Behavioral Health Issues." The session was attended by 85 staff from the hospital and its outpatient clinics.

Representatives from Headway of WNY set up an information table at the event, shared information about its services and answered questions relating to TBI. This was a great opportunity for our team to offer insight about topics related to TBI with health care professionals.

Headway intends to continue these types of educational connections to benefit health professionals throughout WNY and will collaborate with ECMC again next year on the topic.

The date of the second presentation at ECMC will be announced at a future time.

FUND RECEIVES NEW NAME

Headway's *TBI Assistance Fund* has been renamed and is now referred to as, *The Landwehr Family TBI Assistance Fund*, in honor of founder and supporter, Diana Landwehr.

The new name was announced on May 28, at the *30th Diamond Anniversary Gala* during a special presentation given by director of services and support, Ron Fernandez.

The fund, originally established in 2013, is designed to assist individuals and families with one-time expenses that are not covered by other established funding sources.

It is not uncommon for individuals and families to seeking to seek help from Headway of WNY with medical equipment, assistive technology, moving expenses, home modifications or other services. *The Landwehr Family TBI Assistance Fund* helps make it possible for us to address some of these unmet needs.

Contributions to this special fund significantly impact the level of independence and quality of life for TBI survivors and their families in Western New York.

For a limited time only, anyone making a donation specifically to this fund will receive an original piece of artwork created at the *Making Your Mark...Moving Forward* event held in June 2014, when veterans and other individuals living with TBI came together to create a large canvas imprinted expressively with paint from various stamping tools. The communal, colorfully imprinted canvas was divided up and is now shared throughout the community.



These unique pieces represent the progress being made in the WNY community in helping veterans and TBI survivors and their families to be creative and to live as independently as possible with dignity and respect.

Consideration for assistance is based on a variety of factors and criteria. Detailed letters of request may be addressed to Ron Fernandez at Headway of WNY, Inc., 2635 Delaware Avenue, Buffalo, NY 14216.



Anthony Moretti (left), a participant of the People Inc. Senior Companion Program, retains his independence with help from volunteer, Dawson Henderson (right).

VOLUNTEERS NEEDED TO SUPPORT AND COMFORT SENIORS IN OUR COMMUNITY

The People Inc. Senior Companion Program is seeking volunteers age 55 and over who want to make a difference in the life of an older adult.

The program matches qualified volunteers with seniors age 55 or over who live independently but could benefit from social contact and assistance.



Volunteers provide in-home support, companionship and understanding to seniors in Erie county. They help with daily living tasks like shopping, light cooking and housekeeping, as well as alerting doctors and family members to potential problems and providing respite for caregivers.

Volunteers are screened and serve 15 to 40 hours per week. They receive pre-service orientation and training and must pass a physical exam and background check. They are also reimbursed for travel and meals and may qualify to earn a tax-free hourly stipend.

For more information about becoming a volunteer or to enroll someone to receive services, call 716.768.2381.



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Buffalo, NY 14216

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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
6:30p.m. to 8p.m.

CAREGIVERS SUPPORT

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

WOMEN'S SURVIVOR'S SUPPORT

Enter at Suite E
First Tuesday of each month
1p.m. to 2:30p.m.

PEER SUPPORT IN RURAL COMMUNITIES

DeGraff Hospital/ Administrative
Board Meeting Room
Second Tuesday of each month
4:30p.m. to 6p.m.

VETERAN'S READING GROUP

Enter at Suite B
First Thursday of each month
6:30 p.m. – 8p.m.
716-408-3110

PLEASE NOTE:

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

HEADWAYOFWNY.ORG

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.