

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

## HEADWAY HOLDS ITS 7TH ANNUAL WALK, RUN & WHEEL, 5K

Headway's 7<sup>th</sup> Annual Walk, Run & Wheel, 5K took place on Saturday, October 22, 2016, at LaSalle Park with more than 90 people in attendance. A sincere thanks to all who participated and to those who supported this much loved annual fundraising event.

After encountering some minor obstacles, the date of this event was rescheduled from September 10, and successfully moved from Erie Basin Marina/Templeton Landing to the LaSalle Park/Pavilion Area. Holding the event in a park as opposed to a restaurant, brought on additional logistic considerations and new rental agreements; but with the help of People Inc.'s Purchasing Department, all of these additional elements fell into place.

Refreshments were graciously provided by Wegmans and Franco's Pizzeria. Warm coffee was thoughtfully provided by a well-known volunteer of Headway. This offering helped warm things up on what was one of the coldest fall mornings Buffalo had seen yet!

The cold did not stop us – the line-up began along the waterfront on AmVets Drive. The City of Buffalo Police

motorcade and Tempus Fugit (race timers) kept everyone safe and on course!

There were 54 participants in Category I, Competitive Run/Wheel, 5K. The top twenty are listed on page 3. **Congratulations to all who placed and most importantly to all who came out to enjoy the morning in support of Headway!** More detailed results of the race may be found on [Buffalorunners.com](http://Buffalorunners.com).



Another 18 individuals joined the fun in Category II, which involved walking or using a wheelchair. This category encouraged everyone to take in the sights and enjoy as much, or as little of the course as desired.

There was a true sense of camaraderie in LaSalle Park that morning!

Thank you to 21 staff and volunteers that made a big difference in how this event played out. All chipped in and helped with set up and follow-through during the course of the morning.

All enjoyed the post WRW awards festivities. Live retro music was performed by HELLO MOLLY, a new group

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*Headway is a donor designated agency of the United Way*

*501C3 Non-Profit Organization*

## FROM THE DIRECTOR



We are excited that Ginny Haynes has joined the Headway team in the position of advocate/support specialist. We have been performing the duties of this position by committee since the retirement of Diana Landwher and now we can implement many of the proposed outreach/education activities,

expand our support groups and have a name and person for people to call who need help from us. Currently, we are assessing what support groups are of interest to the Headway community to start another group.

We are dedicating some of Ginny's time to continue Headway's efforts to facilitated services for veterans, building on the work of our Americorp/Vista partnership which concluded its three-year time frame this past year. She will be the contact for resources and referrals for veterans at Headway.

Ginny can be reached at [support@headwayorwny.org](mailto:support@headwayorwny.org) or 716.408.3100.

*Ronald Fernández, RRDS, CRC, LMHC*  
Director

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## ANNUAL MEETING HIGHLIGHTS 2017 INITIATIVES

Thank you to all who attended Headway of WNY's Annual Meeting, which was held on November 3, 2016, at the Museum of disABILITY History.

The annual summary report was distributed and the main priority initiatives for 2017 were highlighted and discussed. The meeting was both informative and entertaining, and included commentary from Headway's Director Ronald Fernandez.

Presenters were Courtney Fasolino, executive director of Fallon Health Weinberg and David Cascio, executive director of Kalos Health. They provided an overview of the upcoming NYS transition to Managed Long Term Care and offered insights and suggestions. The meeting ended with a short Q&A session.

Each year, Headway holds its Annual Meeting during the month of November to provide an overview of the agency's activities and offer informative presentations for the WNY community.

**MARK YOUR  
2017 CALENDARS  
SAVE THE DATES!**



The 3rd Annual **Dining Out for Headway** will take place on:

**Wednesday, March 29, 2017**

**Thursday, March 30, 2017**

This year's participating restaurants and all the details will be posted on our website and Facebook pages soon and participation post cards will be mailed out in February.

# SPRING GALA

**Headway's 18th Annual Spring Gala**

**Date:** Thursday, May 18, 2017

**Time and Place:** TBD

Planning committee is now forming, those interested in helping out this year are asked to contact Christine at 716.408.3117.

headed up by Molly Saper, a member and volunteer with Headway of WNY.

**Thank you Top Fundraisers:**

Ronald and Diane Pokorski  
Daniel and Jennifer Livingston

We are so grateful to our sponsors, contributors, participants, staff and volunteers who made this event possible and who provide ongoing support in helping us make a difference in the lives of persons with TBI and other disabilities.

If you are interested in helping with Walk, Run & Wheel or any other Headway event, please consider serving on our Special Events Committee.

Members and other supporters of Headway are always welcome to volunteer and help out! To learn more, contact us at support@headwayofwny.org or call 716.408.3100.



Name	Time
1. Chad Maloy	0:16:01
2. Raymond Graff	0:17:12
3. Colin Baxter	0:18:25
4. Nick Ingrao	0:21:46
5. Lloyd Kitzmiller	0:21:50
6. Danielle Rizzo	0:22:01
7. Kevin Pelino	0:22:42
8. John Feroletto	0:22:44
9. Tom Lepage	0:23:07
10. Eric Brinda	0:23:26
11. Alan Fielitz	0:23:33
12. Thomas Kettell	0:23:43
13. David Barrett	0:24:45
14. Sarah DePerrior	0:25:40
15. Angel Quiros	0:26:46
16. Heather Burger	0:28:09
17. Molly Saper	0:28:43
18. Siobhan Davis	0:29:02
19. Lillian Chotkowski	0:29:20
20. Sean Yates	0:29:57

## HEADWAY WELCOMES NEW STAFF MEMBERS

### PT Advocacy and Support Specialist



Ginny Haynes recently joined Headway as the new PT advocacy and support specialist. Prior to this, Ginny held a position with a provider agency and worked with individuals from both the TBI and NHTD Waiver Programs. Throughout her career, she

has also gained experience working with individuals with disabilities and people who are medically frail. Ginny holds a Bachelor of Science degree in psychology, as well as graduate coursework in mental health counseling.

Ginny has a passion for helping all individuals in need, but holds the issues that veterans and individuals with traumatic brain injury face very close to her heart. As the advocacy and support specialist, Ginny's goal is to locate and satisfy the various needs associated with traumatic brain injury that individuals and their loved ones may face, as well as various veteran issues. One way she will be doing this is by developing, coordinating and leading support groups where specific needs are found, as well as by effecting change by expanding educational outreach for these issues within the community.

Ginny is looking forward to helping to positively enrich the lives of individuals through her new role.

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# NEWS FROM THE BRAIN INJURY ASSOCIATION OF AMERICA

## Veterans Mobility Safety Act of 2016

On November 17, 2016, the Senate unanimously passed the Veterans Mobility Safety Act of 2016, introduced by Sens. Jerry Moran (R-Kans.) and Chuck Schumer (D-N.Y.), to assist veterans with disabilities in purchasing automobiles and adaptive equipment that accommodates their disabilities. The bill also authorizes the Department of Veterans Affairs to hire audiologists, ENTs, hearing aid specialists, and other stakeholder and industry groups to expand resources for veterans with hearing-related disabilities.

## Save the Date!

The Congressional Brain Injury Task Force has announced that Brain Injury Awareness Day will be held on Wednesday, March 22, 2017, in Washington, D.C. The fair will be held in the Rayburn House Office Building Foyer and the briefing and reception will be held in the Gold Room (Rayburn 2168). The Brain Injury Association of America is involved in the planning and sponsoring of the event. Watch for more details as they materialize.



*BIAA is the country's oldest and largest nationwide brain injury advocacy organization.*

*New Staff Members continued from page 3*

## PT Assistant Regional Resource Development Specialist



Shawniece L. James recently joined Headway's Waiver team as an assistant regional resource development specialist. She is currently learning the ropes – of the two Waiver programs – Traumatic Brain Injury Nursing Home Transition and Diversion.

Shawniece graduated from the University at Buffalo, with distinction, in 2011 with a Bachelors of Science in psychology. For the last three years, she has worked with People Inc., first as a primary instructor at Bailey Day Habilitation and then as an employment specialist, assisting individuals with developmental disabilities in their search for competitive employment.

Additionally, she works as an advanced fitness instructor at the Independent Health Family YMCA, where she teaches a variety of cardio and strength training classes throughout the week. Shawniece has a passion for fitness, exercise and general healthy living and strives each day to find a healthy balance between work, play and perhaps most importantly mind, body and soul.

## HEADWAY MEMBERSHIP

Thank you to all current and renewing members. Your membership is an integral component of this agency and your support helps us continue to expand our priority initiatives – advocacy, referral and linkages, educational outreach, along with presentations and in-services and support groups.

Please know that we are truly grateful for your support as we continue to identify new ways to help you and the Western New York community.

Headway's membership currently includes more than 100 individuals, families, professionals and organizations, who help sustain our 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.*

If you have not already done so, please consider joining us and become an integral part of this organization as we continue to make headway throughout the coming year.

Membership levels are as follows. Details and forms may be found on our website, [headwayofwny.org](http://headwayofwny.org).

<b>Individual/Student:</b>	<b>\$20</b>
<b>Family:</b>	<b>\$45</b>
<b>Professional:</b>	<b>\$70</b>
<b>Supporting:</b>	<b>\$125</b>
<b>Corporate:</b>	<b>\$350</b>

Thank you!

## THANK YOU

Thank you for supporting Headway of WNY during New York Gives Day on Tuesday, November 29, 2016. This one-day giving event sparked the beginning of our ongoing campaign: **Support Headway's Support Groups**.



We were pleased to have participated in this event and collective giving movement in New York state, and will continue this campaign throughout the first quarter of 2017.

We not only have a monetary goal for this campaign, but more importantly a dedication to our mission.

One way that Headway of WNY, Inc. helps the Western New York community is by offering support groups for individuals and families who are living with traumatic brain injury. These support groups are confidential, supportive and encouraging.

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## SUPPORT HEADWAY'S SUPPORT GROUPS

Those living with traumatic brain injuries may experience confusion, frustration and despair. Reaching out to others and sharing stories is a powerful recovery tool. Most support groups focus on shared experiences and solutions in an empathetic group setting. Some of the benefits of participation include increased social connections and enhancement of healthy coping strategies.



While there still may be a perception that support groups are only for people who are weak or who just want to talk about their problems

instead of doing something about them, research has shown that this could not further from the truth. In fact, many people who participate in support groups of this kind find them to be “one of the best things that ever happened in my life.”

Funds raised through this campaign will be used to develop new outreach methods, including an updated brochure and webpage, with the goal of raising awareness and helping those who are struggling with the aftermath of an injury or life altering event.

### Headway's Current Support Groups

**TBI Peer Support: First and third Tuesday of each month - 6:30 to 8 p.m.**

**Caregiver's Support: First Tuesday of each month - 6:30 to 8 p.m.**

Support groups are held at 2635 Delaware Avenue, Buffalo, NY 14216, Suite B or E  
Check out all the details about our support groups at [headwayofwny.org/services/support\\_groups](http://headwayofwny.org/services/support_groups)

If you are interested in attending a support group, contact Headway at [support@Headwayofwny.org](mailto:support@Headwayofwny.org) or call 716.408.3100.

## NEWSLETTER SURVEY

To help improve our communications with you, our readers.

Please take a moment to complete the form below by January 31, 2017, and return to us via postal mail to:

Headway of WNY  
2635 Delaware Avenue, Suite E  
Buffalo, NY 14216

Or, if you prefer, you may choose to complete the form, scan and email back to us at support@headwayofwny.org. Thank you!

**Please check all boxes below that apply to you and/or your organization:**

Parent/Caregiver

Provider Agency

Student

School: \_\_\_\_\_

Major/Area of Study: \_\_\_\_\_

Current Headway member

Past Headway member

Other

Please explain: \_\_\_\_\_

\_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_

## HEADWAY ADVISORY COUNCIL NEWS

Dr. Lisa Keenan has served on Headway's Advisory Council since its inception and continues to be an active participant. We are pleased to share this article about Dr. Keenan with our readers.

*(Article reprinted from the January – June, 2016 issue of ECMC's PULSE quarterly publication)*

Dr. Lisa Keenan, who joined ECMC in 2005 as a clinical psychologist, has been promoted to chief clinical psychologist. Dr. Keenan's work since she arrived has filled the critical need of providing psychological services to patients and families in the Department of Rehabilitation Medicine. Over the years, her role has expanded to supervising another psychologist, overseeing interns, treating patients from all over WNY, providing services to ECMC staff, facilitating Schwartz Rounds, and establishing support groups and reading groups to patients both on site and in the community. Congratulations Dr. Keenan on her well-deserved promotion.

## NEW ADVISORY COUNCIL MEMBERS

The Advisory Council currently welcomes latest members:

**Scott Copenhaver**, WNY Veteran and Headway volunteer

**Colleen Osborn**, Director of Home Care Operations, Shofield Care



*Congratulations to*  
**MAGGIE APOTOSKY,**  
Administrative Assistant for  
15 years with Headway!

## How a Support Group helped one individual

# KEN'S JOURNEY: INJURY AND RECOVERY

*This article reprinted from this newsletter: Summer 2013*

For many, the journey of brain injury and recovery begins suddenly, like when Ken was stricken with a brain aneurysm in 1999. He was hospitalized for about three weeks and initially, he was unable to talk or reason well. He received some intensive therapy in the hospital.

When he got out of the hospital, he did outpatient therapy only briefly, because he was anxious to go back to work. When he tried to return to his previous type of job, he knew how to use the tools and what needed to be done, but was unable to multitask and put things in the proper sequence. He describes going into "brain freeze."

"I would have confusion, confusion would lead to doubt, and my thinking process would just shut down." After failing at four to five different jobs, he was frustrated and upset. He decided he needed to stay at home and do more to take care of himself. He thought getting involved in his block club might help. They were putting flower pots at the corners that year, and the block club was disappointed that some of them had been stolen. Ken suggested building some flower boxes out of wood around the trees by the street. This is how he invented, at first unknowingly, his own personal system of rehabilitation. He got some money from the neighbors to buy materials, and said he would provide the labor to build the boxes.

He was not immediately successful. He made more cuts than he needed to. He had to take more notes and plan out his materials more carefully than he had done in the past. "I had to figure how not to make mistakes," he said. "I would get distracted and forget things. I had to learn to focus and concentrate."

He found that if he took careful notes and developed a routine of doing the same tasks in the same order, his work was improving and his confidence was increasing.

Soon there were boxes up and down his street, and people outside the neighborhood were asking about the boxes.

"There is not a doctor in this world that could have prescribed what I did," said Ken. "It is something I had to work through and find myself. Being able to contribute did a lot to make me feel better and more confident. I hope everyone can find something like this...something they like to do, that shows they can contribute and can build their confidence and help with their recovery."

While Ken's life is not exactly the same, he has made remarkable improvements since those dark days in 1999. Early in his recovery, Ken began attending peer support group meetings at Headway of WNY. As he and the other members shared their stories, he found he was not alone in dealing with this life changing event.

"At first I didn't want to admit I had an injury and it was giving me some problems," he said. "It took me a while to admit it, and then to work on it. Other people without injuries would try to tell me they knew what I was feeling. If you haven't lived it, you can't really understand it. They would tell me they forget things too. I would tell them, multiply that times 150. Then see what you can accomplish in a day."

Even long after his injury, Ken continues to give generously of his time, as he continues to attend support groups, telling his story and encouraging others to persevere. He meets with a variety of students and community interns at Headway also, and shares with them what it is like to have a brain injury and what issues are involved in recovery. "I want others to understand there is hope," he says.

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*Headway of WNY is grateful to Ken for his continuing support, his dedication to helping other survivors on their road to recovery and helping community members understand the issues involved in brain injury recovery from a personal point of view.*

*If you would like to share your story with Headway, please let us know by contacting us at [support@headwayofwny.org](mailto:support@headwayofwny.org) or by calling 716.408.3100.*



2635 Delaware Ave., Suite E  
Buffalo, NY 14216

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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](http://HEADWAYOFWNY.ORG)