

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

PERSEVERANCE IN THE FACE OF ADVERSITY

By Christine G. Melchiorre

Each year, many friends, relatives and supporters attend Headway's spring gala. This year, I had the great pleasure of meeting Kim Carlson and her brother, Kyle Hanson. They've been supporters of Headway since 1989, when Kyle sustained a traumatic brain injury (TBI) as a result of a car accident. He received considerable support and guidance at that time from some of Headway's original founding members, including Diana Landwehr. At that time, little was known in the medical community about the consequences, treatments and recovery from a TBI. Much has changed since then and today, we are fortunate in Western New York to have state-of-the-art hospitals and rehabilitation centers where patients receive the best appropriate medical care available.

Recently, I spoke with Kyle's mother, Sharon, and she willingly shared some of Kyle's story with me:

He was only 18-years old when he was involved in a serious car accident on Route 5 in the southtowns. He was taken by Mercy Flight to ECMC, where he was treated for head trauma in the ICU. After three months, he was transferred to OLV's Brain Injury Center, which at that time was the only rehabilitation center for TBI in Western New York; Kyle was one of the first patients ever to be treated there. He remained in rehabilitation for six months and was then able to return home. Over the course of several years, Kyle has re-learned and enhanced many of his life skills, including the ability to walk and talk. Headway was there to help ensure that he received the care he needed and also provided support and advocacy for his family.

Kyle has made great strides over the years and although he will continue to have some difficulties due to the accident and his TBI, he is able to live an independent life and make choices for himself. He lives with his mother and receives continued support from his family. Many people might take for granted such things as having a job, driving a car and going to the gym, but for Kyle, these ordinary life experiences happen through determination and continued supports from family and friends.

Kyle is a great example of perseverance, courage and hope for people who have sustained a brain injury, as well as their caregivers.



Kyle Hanson and sister, Kim Carlson, at the Spring Carnevale.

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Headway is a donor designated agency of the United Way

501C3 Non-Profit Organization



FROM THE DIRECTOR

Outside of the waiver programs, Headway of WNY relies on financial support from the community to fund its programs such as advocacy, support groups and educational presentations. Headway has been fortunate and is grateful for the generosity of donors, many of whom have been affected by brain injury. Headway also relies on volunteers. Headway’s special events involve a large number of volunteers who take on a variety of roles during the planning process – from pre-event planning to helping out the day of the event, our volunteers are, in large part, the driving force behind the success of our fundraising events. We like volunteers to help us who have particular talents and knowledge, and some volunteers develop new skills by helping us. Headway has an office where we run our meetings and groups but its real “location” is the community – being part of a network of agencies that provide services and support in Western New York.

One volunteer activity that I would like to expand is our “ambassador” program which involves volunteers presenting Headway’s services at other agency events or simply participating in these events when possible, displaying the Headway name and spirit. Our goal is for Headway volunteers to receive the benefits of being part of an organization that has caring partnerships, camaraderie and a shared positive effect on Western New York.

Ronald Fernández, RRDS, CRC, LMHC
Director

LOST & FOUND: WHAT BRAIN INJURY SURVIVORS WANT YOU TO KNOW

By Barbara J. Webster, Lash & Associates

If I seem “rigid” needing to do tasks the same way all the time, it is because I am retraining my brain. It’s like learning main roads before you can learn the shortcuts. Repeating tasks in the same sequence is a rehabilitation strategy.

I need a lot more rest than I used to. I’m not being lazy. I get physical fatigue as well as a “brain fatigue.” It is very difficult and tiring for my brain to think, process and organize. Fatigue makes it even harder to think.

My stamina fluctuates, even though I may look good or “all better” on the outside. Cognition is a fragile function for a brain injury survivor. Some days are better than others. Pushing too hard usually leads to setbacks, sometimes to illness.

If we are talking and I tell you that I need to stop, I need to stop NOW! And it is not because I’m avoiding the subject, it’s just that I need time to process our discussion and “take a break” from all the thinking. Later I will be able to rejoin the conversation and really be present for the subject and for you.

Patience is the best gift you can give me. It allows me to work deliberately and at my own pace, allowing me to rebuild pathways in my brain. Rushing and multi-tasking inhibit cognition.

Please have patience with my memory. Know that not remembering does not mean that I don’t care.

Please don’t be condescending or talk to me like I am a child. I’m not stupid, my brain is injured and it doesn’t work as well as it used to. Try to think of me as if my brain were in a cast.

You may not be able to help me do something if helping requires me to frequently interrupt what I am doing to give you directives. I work best on my own, one step at a time and at my own pace.

If I seem sensitive, it could be emotional lability as a result of the injury or it may be a reflection of the extraordinary effort it takes to do things now. Tasks that used to feel “automatic” and take minimal effort, now take much longer, require the implementation of numerous strategies and are huge accomplishments for me.

**SAVE
THE
DATE**

**HEADWAY TO OFFER AN EDUCATIONAL
SYMPOSIUM IN JANUARY**

TOPIC: MEDICAL MARIJUANA

DATE: WEDNESDAY, JANUARY 23, 2019

TIME: 8:30 – 3:00 P.M.

PLACE: CENTER FOR TOMORROW

A variety of speakers will offer the most up-to-date information about the current state of Medical Marijuana, including foundational information, legal aspects and common misconceptions.

Please plan to join us and stay tuned for more detailed information regarding schedule, registration and featured speakers.

This event is open to the public – pre-registration encouraged.

**DETAILED INFORMATIONAL FLYER TO BE DISTRIBUTED LATER THIS YEAR.
UPDATES TO BE POSTED ON SOCIAL MEDIA AND HEADWAY'S WEBSITE.**

IN MEMORIAM



Headway of WNY, Inc. extends its deepest condolences to the family, friends and colleagues of Gerard P. Philipps and has acknowledged many memorial contributions sent in response to the family's request. Thank you for your generosity and thoughtfulness.

Buffalo News Obituary:

PHILIPPS - Gerard P. July 18, 2018. Of Fredonia, NY, formerly of Angola, NY. Beloved husband of the late Patricia A. (Maurin) Philipps; dear father of Amy (Daniel) Hontz, Ellen (Wayne) Conrad, Sally (Richard) Phelps, Michael (Cheryl) Philipps, Eileen Bardwell, Katherine (John) Kiernan, and Matthew (Katryn) Philipps; grandfather of 20 grandchildren and 7 great-grandchildren; brother of the late Francis Philipps; survived by nieces and nephews. Friends may call Sunday from 3-8 pm at the LATIMORE-SCHIAVONE FUNERAL HOME, 8434 North Main St., Angola. A Mass of Christian Burial will be celebrated Monday at St. John Paul II Church, Lakeview, at 10 am. Please assemble at the church. Flowers gratefully declined. If so desired, memorial contributions may be made to Headway of Western New York in Mr. Philipps' memory.

WELCOME BACK KRISTEN POKIGO



Headway is pleased to welcome back Kristen Pokigo (formerly, Kristen Hewlett) as Lead RRDS for the Nursing Home Transition and Diversion Waiver (NHTD)

“A little known fact: I was hired at Headway of WNY in 2009, to work with the NHTD population, and was previously the Lead RRDS for the Traumatic Brain Injury Waiver (TBI). I decided to come back to Headway because I wanted to return to the mission of a not-for-profit agency to help people with little resources or have no options, receive services to improve their lives. I have a working background with seniors and nearly 10 years of Waiver knowledge under my belt, hopefully allowing me success in leading the region through the recently approved NHTD application changes.

When I’m not reviewing service plans or typing emails, I enjoy long walks on the beach. My husband (Cody) and I recently had our first child (7 mo.), who enjoys spending time with her puppy Ollie.”

YOU ARE NOT ALONE
MOVE FORWARD WITH HEADWAY



EDUCATIONAL OUTREACH

Headway offers specially tailored educational presentations at schools and community centers throughout Western New York. We believe that education is key to prevention.

We also help survivors and families address life altering situations related to traumatic brain injury and other cognitive disabilities.

Contact us today to schedule a presentation for your group at support@headwayofwny.org or 716.408.3100.

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THANK YOU
FOR THE SUPPORT &
ADVOCACY YOU PROVIDE.**

**JOHN FEROLETO
CARRIE A. ZIMBARDI
JOEL FEROLETO
JILL WNEK**

WINSHIP VOCATIONAL & TRANSITION SERVICES, LLC

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West Seneca, NY 14224

(716) 668-3710

awinship@winshipassociates.com
mwinship@winshipassociates.com

ANNUAL MEETING

— AND EDUCATIONAL PRESENTATION —

WEDNESDAY, NOVEMBER 14, 2018

5 — 7:30 PM

MUSEUM OF disABILITY HISTORY

3826 MAIN STREET, BUFFALO, NY 14226

FEATURED SPEAKER

Jess Young, M.S., CCC-SLP, Speech Language Pathologist

Brain Injury Rehabilitation: Benefits of Cognitive-Linguistic Treatment

There's more to Speech Therapy

EVENING ITINERARY

5 – 5:30 pm: Check-In* and Welcome
Serving hors d'oeuvres, coffee, tea, water, soda

5:30 – 6:15 pm: Featured Speaker, Educational Presentation

6:15 – 6:30 pm: Question/Answer Session

6:30 – 6:45 pm: Break

6:45 – 7:30 pm: Advisory Council and Member Annual Meeting

KINDLY RSVP BY NOVEMBER 7, 2018

SUPPORT@HEADWAYOFWNY.ORG

716.408.3100

***GENERAL ADMISSION: \$10, PAY AT DOOR – CASH OR CHECK**

HEADWAY MEMBERS: NO CHARGE

NEW MEMBERSHIPS AVAILABLE FOR PURCHASE UPON CHECK-IN.



By Nicole Forgiore

Marketing Communications Manager, People Inc.



People Inc. Senior Services provide many benefits for older adults as well as their caregivers. Two of the programs that professionals in the senior services field may find beneficial for their clients or their own family include People Inc.'s Senior Companion and Senior Outreach Programs:

The People Inc. Senior Companion Program assists older adults, 55 and up and living in Erie County, who need assistance with daily living tasks. Companion volunteers assist participating seniors with grocery shopping, going for walks, light cooking and housekeeping, while providing a break for caregivers. The program is in need of additional compassionate volunteers, who are also age 55 or over, live in Erie County and meet income guidelines. They receive training and earn a stipend, mileage and meal reimbursement. Volunteers receive rewarding experiences and older adults who receive services can remain independent in their familiar surroundings. To learn more or suggest to someone you know to volunteer, call 716.768.2381.

Through the People Inc. Senior Outreach Program, case management services are provided to older adults 60 years or older who live at home to provide the necessary support to age in place. The program is available to seniors who live in Kenmore, Grand Island, North Buffalo, Tonawanda (city and town) and West Buffalo, NY. Older adults enrolled will gain access to appropriate services, including: Adult day care, housekeeping, caregiver resources, food stamps, health insurance/Medicaid and home care services. Spanish speaking staff are available. For more information for a loved one or a senior you assist, call 716.768.2357.

People Inc. values the community's growing senior population. Through affordable apartments, outreach, healthcare and a day program that helps individuals with memory loss, the agency is committed to encouraging older adults to get the most out of life, overcome challenges and achieve independence.

The mission of **Headway of WNY, Inc.** is to ensure that individuals in WNY 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.

INSURANCE INSTITUTE FOR HIGHWAY SAFETY RELEASES NEW BICYCLE HELMET RATINGS PROGRAM

IIHS News | June 26, 2018

BLACKSBURG, Va. — Bicycle helmets have been shown to reduce the risk of head injuries in cycling, but, until now, consumers who want to buy one that offers the best protection have had little information to go on. A new ratings program, based on collaborative research by Virginia Tech and the Insurance Institute for Highway Safety, fixes that.

The first 30 helmets to be tested — all popular adult-size models — show a range of performance, with four earning the highest rating of 5 stars, two earning 2 stars, and the rest in the 3 - 4 star range. Cost wasn't a good predictor of performance. Both the \$200 Bontrager Ballista MIPS and the \$75 Specialized Chamonix MIPS earn 5 stars.

“Our goal with these ratings is to give cyclists an evidence-based tool for making informed decisions about how to reduce their risk of injury,” says Steve Rowson, director of the Virginia Tech Helmet Lab and an associate professor of biomedical engineering and mechanics. “We also hope manufacturers will use the information to make improvements.”

While the government requires that helmets pass a series of tests to be sold in the U.S., the new ratings rely on a more realistic evaluation based on joint Virginia Tech and IIHS research.

“As more people choose the bicycle as a mode of transportation, better helmet design is one of the tools that can be used to address the increasing number of cycling injuries,” says David Zuby, chief research officer at IIHS and a frequent bike commuter.

A total of 835 bicyclists were killed in crashes with motor vehicles in 2016. That is the highest number of bicyclist deaths since 1991.

More than half of those killed in 2016 weren't wearing helmets. Helmet use has been estimated to reduce the odds of a head injury by 50 percent.

The bike helmet rating system developed by Rowson and his colleagues builds on their years of experience evaluating other types of sports head protection. The Virginia Tech Helmet Lab currently rates football and hockey helmets, as well as soccer headgear.

“In cycling, we saw an opportunity to reach a broad cross section of the public and bring a new level of safety to an activity with a wide range of other benefits,” Rowson says.

Bike helmets in the U.S. are required by the Consumer Product Safety Commission (CPSC) to pass a series of tests in which helmets are struck against an anvil at a set speed. The only requirement is that the helmets prevent head impact accelerations over 300 g, a level associated with skull fracture or severe brain injury. There is no requirement for helmets to limit concussion-level forces, which are more common among bicyclists in crashes.

To read more of this article, visit iihs.org/iihs/news/desktopnews/new-tests-show-some-bike-helmets-protect-better-than-others



Dr. Dick O'Connor
Behavioral Optometry

980 West Maple Court, Suite 200
Elma, New York 14059

P: (716) 398-4300 | F: (716) 398-4301
E: DOConnor@visiontherapywny.com

www.visiontherapywny.com

DID YOU KNOW?

NO TWO BRAIN INJURIES ARE EXACTLY ALIKE, AND THE EFFECT ON EACH PERSON – PHYSICALLY, COGNITIVELY, EMOTIONALLY – WILL BE DIFFERENT. WHEN WORKING WITH A SURVIVOR OF BRAIN INJURY, IT SOMETIMES HELPS TO MAINTAIN A CONSISTENT DAILY ROUTINE. FREQUENT CHANGES MAKE MEMORY AND COPING MORE DIFFICULT.



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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 will take place at Headway of WNY
2635 Delaware Avenue, Suite E, Buffalo, NY 14216 • 716.408.3100

PEER SUPPORT

Enter at Suite E
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.

If you would like to be removed from this newsletter mailing list, please let us know by calling
716-408-3100 or send an email to support@headwayofwny.org.

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