

W I N T E R 2 0 1 4

BIND

Brain Injury Network of Dallas



Brain Facts

Contributed by Ted

A majority of the population is deficient in Omega-3 fatty acids, which are found in fish and flax seed oil and are important for the development and maintenance of brain function.

Chocolate can be good for your brain! Dark chocolate contains flavanols and antioxidants, which seem to be good for longer-term brain health.

Sleep plays a vital role in consolidating memories. Make sure you get a full night of sleep or supplement with a nap.

Vegetables such as kale, collards, chard and spinach have high levels of antioxidants that help protect the brain.

Research shows that physical exercise strengthens both the body and the brain. Exercise reduces stress and promotes the growth of new brain cells.

2013 In Review

February 2014 will mark our second year as a tax-exempt non-profit organization and we have been quite busy! Early in 2013, the fundraising committee formed and began planning our first major event held in October at the Marriott in Plano. At the event, BIND hosted 120 guests and proudly reported a net gain of \$10,000 towards start-up funding for the first brain injury clubhouse in Texas.

Combined with all fundraising efforts we have raised \$50,000 total! Also in 2013, our members and caregivers braved the weather for the 2nd Annual Walk for Thought in the spring and laced up again for the Halloween Hustle in October. BIND continues to reach out to our community through the Peer Partners program, support groups in McKinney and Plano, and, through caregiver support. Our volunteers & members have dedicated over 700 hours to BIND's mission and we look forward to an extraordinary 2014!

Contact BIND

Website:
www.thebind.org

E-Mail:
info@thebind.org

Address:
Stay in touch
BIND

PO Box 729
Prosper TX

This edition is sponsored by



See page 5 for more from LearningRX!



“Don’t try to figure out what other people want to hear from you; figure out what you have to say. It’s the one and only thing you have to offer.”

-Barbara Kingsolver

Peer Partners

BIND is very proud of our Peer Partners program, the only mentoring program in our area for people affected by acquired brain injury. Fourteen BIND volunteers have completed training under the direction of BIND Founder Valerie Gotcher, MS, CCC-SLP. Through the Peer Partners program, mentors provide social and emotional support to both patients and family members, with aims to reduce isolation and offer hope for the future. This type of mentoring provides someone with information about community resources and services, and, first-hand understanding of the process of adjustment to brain injury.

If you are interested in becoming a mentor or know someone who would benefit from this program, please contact us at info@thebind.org or call Valerie at 940-231-5195.



A Helping Hand

2014 will bring additional opportunity and challenge for BIND members and supporters as we pursue fundraising more aggressively. Our vision is to continue building our network of connections in the area and open a BIND Clubhouse by the end of this year. Please contact us if you are interested in sitting on our fundraising committee as we plan our 2nd annual large fundraiser. We will expect to meet monthly and maintain regular contact via telephone and e-mail. If you have fundraising experience or have interest in learning while volunteering, we want to hear from you! E-mail: info@thebind.org. Remember BIND through the year and make us your charity of choice. We sincerely appreciate your support!

March is Brain Injury Awareness Month

By the year 2020, Traumatic Brain Injury (TBI) is expected to be the number one public health problem in the world. The Centers for Disease Control and Prevention currently estimates that at least 5.3 million Americans currently have a long-term need for help in performing activities of daily living as a result of TBI. In Texas, close to 150,000 people sustain a TBI each year and this number does not account for those who were seen and released by an emergency room department, nor does it include people who were never seen in the ER at all. Approximately 479,000 Texans were living with TBI-related disabilities in the year 2007. Deficits in many areas may result from TBI, including physical, speech & language, cognitive, behavioral, emotional, or psychosocial. The consequences of TBI are extensive and reach far beyond the needs of the individual in recovery. The economic impact to the survivor and family also extends into the workplace, the community, the healthcare system, and the criminal justice system. The direct and indirect costs totaled an estimated \$60 billion annually across the US in 2006. Among Texans alone, the current lifetime medical and work loss costs associated with TBI hospitalizations total approximately \$1.8 billion each year. These estimates do not include lost time at work or loss of benefits for caregivers who take care of their loved ones. In Texas, accessibility to information, education and services following brain injury is a significant unmet need for



survivors and caregivers. Compounding this issue is the lack of effective and timely rehabilitation for survivors to reach their maximum potential for return to independent living, either through publicly supported funds or private insurance.

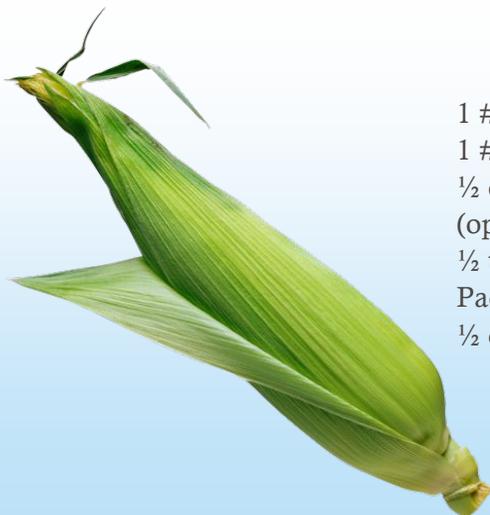
In reality, only 5% of TBI survivors receive the rehabilitation they need to reach this potential.

The Department of Assistive and Rehabilitative Services (DARS) does provide limited funding for survivors. In Texas, unlike in many other states, there is no TBI or ABI (Acquired Brain Injury) Medicaid waiver to support the long-term needs of survivors. Many of the existing brain injury clubhouses receive funding support for members through such waiver programs. You can support improved services to survivors of TBI in Texas through advocacy efforts. Contact your area government representative and ask that funding be made specifically available to acquired brain injury survivors. Find out more from the Texas Traumatic Brain Injury Council Office in Austin and attend a quarterly meeting. Phone

#512-706-7117, e-mail: OABI@hhsc.state.tx.us, web www.hhsc.state.tx.us/hhsc_projects/abi/index.shtml. Your financial support for BIND: Brain Injury Network of Dallas will assist in developing the first brain injury clubhouse in Texas.

Resources provided by "Report of the Texas Traumatic Brain Injury Advisory Council" presented to the Governor, Lieutenant Governor, and Speaker of the Texas House of Representative, October 2007.)

Article by Valerie Gotcher, MS, CCC-SLP.



- 1 # ground beef
- 1 # of chopped tomatoes
- ½ cup chopped pitted olives (optional)
- ½ tsp salt and pepper
- Package of corn muffin mix
- ½ cup shredded cheese

Tamale Pies by Valerie

Preheat oven to 425. Brown beef, drain, then add tomatoes and olives. Add ¼ cup water, salt and pepper, & cook until heated through. Prepare corn muffin mix as directed in a separate bowl. Put meat mixture in casserole dish and pour muffing mix on top with cheese. Bake 15 minutes or until muffin mix is golden brown.

BIND News

Vimeo for Survivors

Dean Stone is a proud member of BIND who played a crucial role in filming, editing and producing a video presented to guests at our first major fundraising event in October of 2013. He is also responsible for all videos shown on the BIND website at www.thebind.org! Dean has created an on-line video resource for survivors of traumatic brain injury and stroke that can be found at this website address: www.vimeo.com/channels/614776. Want to know more about Dean and his “day job?”

Go to www.spectaveris.com.

TSHA Presenters

Valerie Gotcher and BIND volunteer Allison Jordan will join Speech-Language Pathologists from across Texas in February at the Texas Speech-Language Hearing Association Annual Convention. In Houston this year, Valerie and Allison will provide a 90-minute presentation titled “The Rehabilitation Graduate: What Happens Next?” Your contributions are welcome and appreciated as the goal is to provide perspective from brain injury survivors.

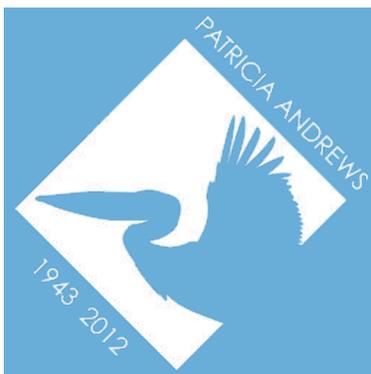
E-mail Valerie@thebind.org for more info.

In Tribute

BIND offered a time-limited opportunity for supporters to recognize brain injury survivors and caregivers in December of 2013.

We would like to thank the Heller family, the Goodman family, and Sheila Daniel for honoring Don “Mad Dog” Cook with their tribute gifts in his memory.

Don’s perseverance throughout stroke recovery was an inspiration to many of his therapists and other survivors. He loved hunting, flying his ultra-light, horses and he always asked for his coffee black. Don may be best known for his career as a professional drag racer and his induction into the Drag Racing Hall of Fame in 2003. Don’s premature passing was a shock to many and he will be missed.



The Goodman family also wishes to recognize the life of beloved friend Patricia Andrews, whose life was cut short by a stroke in 2012. Patricia and Jeannette Goodman were lifelong friends and remained very close although many miles separated them. Patricia is dearly missed.



Rehab is Completed. Now What?

Many, if not, most people who sustain a Traumatic Brain Injury remain challenged by cognitive deficits well after their formal treatment has ended. The frustration and disappointment of not being able to perform tasks that were once routine can be overwhelming. There is hope for continued cognitive improvement through BRAIN TRAINING!

LearningRx is experienced at helping individuals of all ages improve their cognitive performance through intense, one-on-one training. We use the science of neuroplasticity (the brain's ability to change) to improve cognitive performance in areas such as attention/concentration, short and long term memory, logic and reasoning, and processing speed.

See testimonials that spotlight the work LearningRx has done with-

Veterans <http://www.evergreen.edu/faculty/docs/learningrx-washington-state-tbi-pilot.pdf>

Athletes <http://www.brainhealthcolorado.com/blog/2013/10/18/learningrx-highlighted-on-espn.html>

Individuals who have been in an accident <http://www.learningrx.com/tbivideos/>

LearningRx Plano and **LearningRx Preston-Royal** are unique in that our director, Dr. Terrie Naramor, is a Neuropsychologist who has experience working with individuals who have suffered a TBI. Her understanding of the consequences of TBI, both in the short-term and long-term helps her tailor a program that suits the needs and specifications of each client. Additionally, Dr. Naramor's ability to interpret test results and communicate clearly about those results makes her a valuable resource.

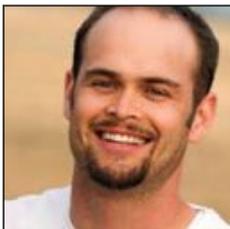
Dr. Naramor is available for a complimentary 15 minute meeting to discuss your unique situation and to work with you to find solutions for your concerns.

LearningRx offers a scholarship program. We are also extending a 5% discount off the cost of a program for BIND members who begin a program prior to July 1, 2014.

Call our office at (972) 267-8900 to schedule a meeting today.

LearningRx Works!

As the largest one-on-one BRAIN TRAINING company in the world- we get unmatched results with our unique personal trainer approach. No other program- including video brain games or brain training websites- gets the dramatic, measurable results that we get.



Dylan had a TBI at age 27. After completing a program at LearningRx he said "I got my memory back and my wife got her husband back!"

For a complete list of DFW centers go to dfwlearning.com

Preston-Royal Center
5924 Royal Lane, Suite 251
Dallas, TX 75230

Plano Center
5136 Village Creek Dr., Suite 501
Plano, TX 75093

Frisco Center
3550 Parkwood Blvd., Suite 304
Frisco, TX 75034

Corporate Support

Many thanks to LearningRX for their sponsorship of this edition of the BIND quarterly newsletter! We'd like to offer our supporters the same opportunity through 2014. The BIND newsletter reaches a minimum of 300 individuals by mail each quarter and countless others on our website, community events and Facebook posts. Sponsorship for the Spring, Summer, and Fall BIND newsletters are currently available.

For more information, please contact Valerie at

940-231-5195 or e-mail Valerie@thebind.org.

Happy New Year!



BIND: Brain Injury Network of Dallas

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