

S P R I N G 2 0 1 4

# BIND

Brain Injury Network of Dallas



## Memorial Day Race

Join Team BIND in McKinney on Monday, May 26<sup>th</sup> for the Memorial Day 1K, 5K and 10K events!

Contact Valerie ASAP if you'd like to order a BIND t-shirt to wear to the race:

[Valerie@thebind.org](mailto:Valerie@thebind.org).

Location:

Adriatica Bell Tower  
401 Adriatic Parkway  
McKinney, TX 75070

1K starts at 7:45 am  
5K starts at 8:00 am  
10K starts at 8:10 am

Registration is at 7:00 am on May 26<sup>th</sup> or you can register on-line at [www.getracing.org](http://www.getracing.org), click on 'Events' and follow the prompts from there.

Use discount code "BIND" for a 15% discount. REGISTER BY MAY 19<sup>th</sup> for the LOWEST REGISTRATION FEE POSSIBLE - \$12.75 for the 1K, \$21.25 for the 5K and \$25.50 for the 10K.

## Help BIND Raise \$200,000!

BIND is a 501c3 non-profit corporation and our EIN is 90-0764467. BIND can accept donations through mailed check or as secure on-line contributions on our website. Please remember to check with your employer about charitable matching programs. In-kind donations are also appreciated, especially as we prepare for our second annual fall luncheon! Our volunteers are working hard to collect items to place on our silent auction tables. If you are interested in contributing an item or providing sponsorship for the event, please contact Valerie at 940-231-5195 or by e-mail to: [Valerie@thebind.org](mailto:Valerie@thebind.org).

### BIND

#### Sponsored by...



See page 5  
Thank you!

#### Website

[www.thebind.org](http://www.thebind.org)

Donations are  
accepted on-line  
via Pay Pal.

#### Stay in Touch

**Our Address:**

BIND

P.O. Box 729

Prosper, TX 75078



**“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip-toe if you must, but take the step.” -Unknown**

## Area Brain Injury Support Groups

**McKinney:** Meets every 3<sup>rd</sup> Friday from Noon to 2 p.m. & every 1<sup>st</sup> Tuesday from 7 p.m. to 8:30 p.m.

Stonebridge United Methodist Church  
1800 S. Stonebridge Drive

Bring your own meal  
972-897-1716

**Richardson:** Meets every last Friday of the month from 2 p.m. to 3:30 p.m.

Reliant Rehabilitation Hospital  
3351 Waterview Parkway  
Downstairs Therapy Gym  
972-398-5853

**Dallas:** Meets every 1<sup>st</sup> Tuesday of the month at 2 p.m.

Baylor Institute for Rehabilitation  
The Landry Building  
411 N. Washington Suite 5000  
214-820-9571

**Dallas:** Meets every 2<sup>nd</sup> Tuesday of the month from 6:30 p.m. to 8 p.m.

Pate Rehabilitation  
2655 Villa Creek Drive, Suite 140  
972-241-9334

\*Contact Pate Rehab in Dallas (972-241-9334) or Anna (972.838.2602) for Spanish-speaking support group inquiries that meet on the last Thursday of each month from 10-2

**Plano:** Meets every 1<sup>st</sup> Friday at 2:00 pm  
Accel Rehabilitation Hospital  
2301 Marsh Lane  
972-695-6495

**Plano:** Meets every 1<sup>st</sup> Monday 11:30-12:30  
Medical Center of Plano  
Medical Office Building 1- The View Room- first floor  
3901 W. 15<sup>th</sup> St.

**Allen:** Meets every 2<sup>nd</sup> Tuesday at 4:00 p.m.  
Warm Springs Rehabilitation  
1001 Raintree Circle  
972-908-2000

**Arlington:** Every 2<sup>nd</sup> Tuesday 1:00 to 2:30  
*The Center for Counseling & Enrichment*  
provides simultaneous support groups for TBI survivors and Caregivers  
301 S. Center Street Suite 214  
817-983-1087

**Irving:** Meets every 2<sup>nd</sup> Wednesday from 3-4  
Baylor Medical Office Building II  
Conference Center, Room 4  
2021 N MacArthur Blvd.  
972-579-8511

Please e-mail or call BIND with any information on changes or additions to support groups in the area:

[info@thebind.org](mailto:info@thebind.org) or 940-231-5195

## Dean's List: Part 1 of 2...stay tuned for Part 2 this summer!

By Dean Stone

I was originally going to write this list about the "Greatest steak restaurants in the world." However, practicality overwhelmed me, so I decided to make this list about the "Most helpful one-handed items." (Sorry Karl, you will have to wait until the summer addition for that list.)

5 ½ years ago, when the doctors informed me that I had a stroke, they didn't know, or tell me whether my right hand would wake up and work again. After 2 years of occupational therapy I started to look on the market for items that would help me cope with the loss of my right hand. I have found with the addition of these 'coping mechanisms,' that I can achieve about 85% to 90% of the functionality necessary for life being one-handed.

**Dycem:** I first saw this used in my therapy class. They put it on the back of clipboards so you can write one-handed without the clipboard slipping. Since then, I've been to their website and found that they have lots of products of all shapes and colors. It's especially useful when eating bowls of cereal on it on a hard table. This is something that I use every day. I prefer the circular pads. With them I can open just about any bottle, especially water bottles that have gone to the thinner bottle. It's so hard to get the cap off one-handed without spilling! With Dycem on the table, it's no problem at all.

<http://dycem-ns.com/productrange>

**OXO Simply Tear Paper Towel Holder:** Over the years I've learned to tear a single sheet off the paper towel holder by using my thumb and ring finger to hold the paper towel and my other fingers to tear it off. But this device from OXO makes it easier to just grab a paper towel on the run. The Simply Tear Paper Towel Holder has a spring-activated arm to hold the roll securely and allows for a one handed tear.

<http://www.oxo.com/p-791-simplytear-paper-towel-holder.aspx>

**Microsoft Wireless Mobile Mouse 4000:** If you have ever had to press more than one key at a time while clicking the mouse button, this is for you. Many programs require holding down the shift the key or control key while clicking. This mouse allows you to program any keystroke on the extra button. Its contoured shape is suitable for either left-handed or right-handed operation.

<http://www.microsoft.com/hardware/en-us/p/wireless-mobile-mouse-4000>

**Clip on Style Headphone with Retractable Cord:** Many headsets are hard to get on and off one-handed. Then dealing with the tangled cords is especially hard to do one-handed. These headsets sound pretty good and have a retractable cord that allows you to easily put one headset on at a time. Item: MDR-Q68LW.

<http://store.sony.com>

**One Handed Egg Cracker:** I saw a YouTube video about how to crack eggs one-handed, but this product really works. It's easy to get the eggs in there and crack them with one hand. I've used this product for 3 years now, and it works well without any shells ending up in your bowl.

<https://www.ezcracker.com/>

**Plackers One-Handed Dental Floss:** Dental hygiene is important. There is a sign on my dentist's wall that says, "only floss the teeth you want to keep." With these Plackers, it's practically impossible to use regular dental floss one-handed. These are available in most grocery stores and pharmacies.

<http://www.plackers.com/>



## RESOURCES

### On the Web:

**TryMunity** is a non-profit organization increasing awareness and providing support to individuals and families suffering from traumatic brain injury (TBI) through an online social community for survivors and supporters of shared stories, ideas, suggestions, and words of encouragement.

[www.trymunity.com](http://www.trymunity.com)



### In Print

**Stroke Connection Magazine:** Published by the American Stroke Association, a subscription of 4 issues a year is free. Call 1-888-4-STROKE to request your subscription or find them online at [www.strokeassociation.org](http://www.strokeassociation.org)

### Dial 211 in Texas

**2-1-1 Texas**, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from over 60,000 state and local health and human services programs. [www.211texas.org](http://www.211texas.org)



### Welcome!

BIND is thrilled to announce the addition of Karl Heller, Adina Heller, Karen Stone and Dean Stone to the Board of Directors! These 2 couples bring compassion & knowledge through personal experience in brain injury recovery and care giving. In addition, their combined skills in administrative support, public relations, marketing, technology, risk management and networking provide valuable guidance for BIND.

# Stroke Patients Come to us **More** Medically Complex Make **Better** Improvement **Faster** More often than not – leave us to **return HOME!**



*Data shows that Accel patients see greater improvement in a shorter timeframe.*



## WHAT DOES THIS MEAN TO YOU AS A CONSUMER OR A LOVED ONE OF A STROKE SURVIVOR TRYING TO MAKE THE BEST DECISION THAT YOU CAN UNDER DIFFICULT CIRCUMSTANCES?

Stroke survivors admitted to Accel have been older and more medically complex compared to other rehab facilities in the region and nation. Despite these odds, stroke survivors are discharged from Accel functioning at equal or better levels than predicted and in a shorter amount of time.

## WHAT MAKES THE ACCEL DIFFERENCE?

We believe it's the higher therapist-to-patient and nurse-to-patient ratios, resulting in more individualized care and intensive therapy sessions. Overall, Accel has created an environment that is most conducive to patient participation and motivation, resulting in greater independence and goal achievement by our patients.

– Anh Nguyen M.D.

*Medical Director, Accel Rehabilitation Hospital of Plano*



**CALL TODAY!**  
**Referral Line 972-695-6500**  
 Main Number 972-899-5510 • Fax 972-695 6555

## What is Cognitive Reserve?

“Cognitive Reserve” describes, in part, the mind’s ability to resist damage to the brain. In the 1980’s, researchers found a discrepancy between the degree of Alzheimer’s disease physically present in brain tissue when compared to clinical manifestations of the disease. For example, a person whose brain appeared to have severe damage from Alzheimer’s processes during autopsy would not always have symptoms of the disease. Factors having the most effect on this phenomenon included the size of their brain and number of neurons present, and their genetic heredity. Researchers suggest the following to increase our cognitive reserve:

1) Increase Your Education, 2) Perform Aerobic Exercise, 3) Participate in Lifestyle Activities, 3) Play Complex ‘Role-Playing’ Games.

## Welcome Spring!

**BIND: Brain Injury Network of Dallas**

P.O. Box 729

Prosper, Texas 75078

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