
◆ Brain Waves ◆

Once More with Feeling... Accomplished

Members of our Vocational Adjustment Group that meets in Philadelphia, PA (on Tuesday evenings from 6:00 to 7:30 p.m.) were asked to tell about their recent accomplishments. That question is put before the group members from time to time so that they may take account of their progress, and consider what they would like to accomplish when looking ahead. (In fact, our Fall 2005 issue of *BrainWaves* included an article titled "From Confusion to Accomplishment.") Stewart defended the idea of bringing up the question from time to time, as he said there is always something yet to do, yet to accomplish. Stewart is a mailroom clerk at the United States Attorney's Office, and is assigned to other duties as well, on an as-needed basis. But having just returned from a vacation trip to Spain where he truly enjoyed himself, he said, "I'm thinking that it's good to work, but also that we need time to relax, too. We cannot work all of the time. There is a time to work and a time to relax and to be with friends, talking about things in our lives."

In response to Stewart's enthusiasm about recreation, Jennifer said, "Yes, you don't want an overload of work." But then, following that comment, she added, "I want dollars at my job where I am working now as a volunteer. I want, actually, to say goodbye to my mom and have a place to live on my own. Things are going well at work, and I have picked up my speed." Jennifer is a part-time volunteer clerical assistant at Jefferson Medical Care. She continued, "I love my job. I'm needed there, and I'm willing to do it

because I can't sit and do nothing. But I do want to get paid."

Howard said, with enthusiasm, "Things are really going well at work. My new boss is real cool. You can talk to him. He is a listener who does not react while you're saying something; he waits to hear all of what you have to say before speaking. The only unpleasant thing about my work is the pressure that comes from waiters. For example, when they need drinking glasses for customers, they shout at me and that gets on my nerves, even though I know the pressure is on them and they're not really being personal. Howard emphasized, "I get uptight when that kind of thing happens." Howard is a steward responsible for various cleaning duties, in addition to dishwashing. He explained, "The dishwashing machine is to be emptied and refilled with clean water at designated intervals, and the time that takes can be disruptive to food services when banquets are held with large numbers of people in

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Update

- Welcome to our new clients—Corinne, Howard, Joseph, Manuel, Mark, Paul, Pete and Raymond.

Our clients and staff continue to be involved in many interesting, varied activities. As usual, in each issue we mention some of them; more will be mentioned in the next issue of *BrainWaves*.

- Howard B. has adapted well to the change in ownership of the hotel where he works, and is very positive about his new supervisor (the new executive chef).
- Jay is working part-time as a bagger at the Giant Food Store.
- Stephen is volunteering at his local food bank, two afternoons a month.
- Orville continues to volunteer twice a week at a local church, performing janitorial duties in the affiliated school, and packaging and stocking food in the food bank. He and his wife also exercise on a regular basis at a local gym.
- Matthew continues to be employed part-time in a dining room maintenance position at McDonald's.
- In May, Liz participated in the graduation ceremonies at Rutgers University, from which she received her Master of Social Work (M.S.W.) degree.
- Lizzie continues to work part-time as a deli cashier/food service worker at Cabela's.
- Paul has continued to perform his job duties well at InspiriTech where he is employed as a customer service representative in the call center.

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Once More with Feeling... continued (from page 1)

attendance. I have to learn better ways to time the dishwashing machine operations, and take pressure off the waiters. I also want to do my work with minimum help, and keep learning new things.”

Sam emphasized, with pride, that he has held the same job for three years now—a first and important accomplishment since his brain injury. When injured at work by electrical voltage, he was an electrician at the Southeastern Pennsylvania Transportation Authority. He was unable to return to work there. He spoke with gratitude about the company that hired him after he gained medical stability, although he was fearful about working again with electrical systems and components. The company assigned an electrician to shadow him as he went about his work, until he gained confidence to work alone again. But electrical systems and components had advanced greatly during the time of his recovery, and he was not able to keep that job, although he had recovered his ease in working with high voltage electrical systems. Sam explained, “What I needed to be able to do was learn to use new electrical equipment and systems, which I did by reading books I purchased. I was hired by the Tasty-kake company, and have held my job there for three years now. I have kept a notebook on details of systems I have learned to use and repair. I want to learn more, but I have not read much recently because I have not yet adjusted to working the overnight shift and sleeping well during the day. I don’t feel up to reading.”

While the group members acknowledged what they have accomplished, their desire to succeed will unquestionably lead to even more accomplishments.

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- Kara is working on a new latch hook project that is more difficult than the last one.
- Peter has been volunteering as a file clerk at a hospice.
- Barry is participating in a fitness program twice a week, and is seeking additional volunteer work. (He volunteers in the central sterile supply department of a hospital, two days a week for four hours each day.)
- Kirk has been working on his wooden truck craft project and plans to exhibit it in the Creativity Expo at Raritan Valley Community College in July 2007.
- Bruce passed the road test portion of his driver’s evaluation and now has an unrestricted driver’s license.
- Gail participated in a panel discussion at the Brain Injury Association of New Jersey, Inc. Annual Seminar on May 16, 2007.
- Sean graduated in May 2007 from Holy Family University with a bachelor’s degree in computer management of information systems, and is currently looking for employment in his field.
- Mark is preparing to take the state barber’s license exam.
- Ken successfully uses an e-mail reminder strategy to schedule his transportation to appointments using Ocean Ride.
- Jesse maintains a part-time on-call position as a dietary aide at a skilled nursing and rehabilitation center.
- Dustin completed an introductory course in graphic design at a community college; he also works part-time as a meat and seafood clerk at Weis Markets.
- Andy is volunteering at York Memorial Hospital.

- Dan received an “A” in both of his college classes during the Spring 2007 semester. He also attended the annual seminar of the Brain Injury Association of New Jersey, Inc.
- Pat recently celebrated his one-year anniversary of employment at Sam’s Club. He received a positive performance evaluation and a \$1.00 per hour raise. In addition, he is eligible now for paid vacation and sick leave. He is also successfully balancing his checkbook on a weekly basis, using the automated teller telephone system at his bank.
- Steven completed the Shakespeare I course as part of his baccalaureate program at Centenary College.
- Kim L. has been going to her local library to research volunteer opportunities.
- Eric Share, B.S., CBIS (neurorehabilitation specialist with Community Skills Program) and his wife, Lisa Share, M.D., FAAP, completed the 13.1 mile Long Branch Half-Marathon on April 29, 2007 in Long Branch, NJ. During their training they raised over \$4,400 for the Leukemia & Lymphoma Society, in memory of Eric’s father, Richard Share, who lost his battle with lymphoma in 2005.
- Seven staff members of Community Skills Program attended the 7th Annual Conference of the Brain Injury Association of Pennsylvania, Inc., held June 25th and 26th at the Sheraton Harrisburg-Hershey Hotel. Dr. Sally Kneipp received the Pioneer Award and wishes to thank BIAPA again for this tribute. In accepting the award, Dr. Kneipp stated that she was accepting the award on behalf of providers of brain injury rehabilitation services and *in honor of* persons with brain injuries and their families who are the real pioneers—who, from the time of the injury, must face the challenges of unknown frontiers with changing borders, 24 hours a day, seven days a week. She thanked them for allowing her to share in their journey.

Spotlight: Robert (Bob) Wasilewski



Spotlight: Bob Wasilewski

Spotlight: Tell us a little about life before your accident.

Bob: I went to school at Exeter High School. I played football and did a bit of modeling. I was working as an office manager at MD Farrell, Inc. before my accident. I also have my own business called Import Motor Sports. Companies call me for products and then I order them for them.

Spotlight: What happened with your accident?

Bob: I dropped my cell phone, leaned down to get it, and was going off the road. I did a 180 and hit a tree. I had a head injury. I was in a coma for about a month.

Spotlight: Where did you receive treatment?

Bob: HealthSouth Rehabilitation.

Spotlight: What changes have you experienced since your accident?

Bob: I have a memory problem—a short-term memory problem. My long-term is good. And I have an impaired gait.

Spotlight: What have you accomplished since your treatment with Community Skills Program?

Bob: I got a job at CJ Tire & Automotive. I became more of a people person. I was a people person before, but now I am a lot more outgoing when it comes to that kind of stuff.

Spotlight: Can you tell us a little bit about your position at CJ Tire?

Bob: I work at their parts company. I pull orders, put them in a crate and deliver them to all of our accounts, and put them on the shelves.

Spotlight: What hours do you work?

Bob: I work full-time, usually 7:00 to 4:00—sometimes longer. I work 40 plus hours per week.

Spotlight: That's a long week! When you say you make deliveries, where do you make them?

Bob: I drive to the other CJ Tire locations, and to our outside accounts, like down to Philly.

Spotlight: How often do you drive?

Bob: I drive every day—all over the area.

Spotlight: And not just a car; correct?

Bob: Yes. I drive a big van.

Spotlight: I imagine that can be challenging! How is the driving for you?

Bob: It's okay now, but after my accident I had to learn how to drive again. I went through driving school and took the driving test.

Spotlight: What other challenges do you face at work?

Bob: I have to be very thorough with what I check in, to make sure everything is correct. I have a checklist I use for shipments.

Spotlight: How does the checklist work?

Bob: I write down the quantity of each item that is received and the items I

package to be delivered to the other stores.

Spotlight: So, using a checklist is a good strategy to use at work?

Bob: Yes.

Spotlight: What do you like most about your new position?

Bob: The freedom. I'm not with customers all day. I mean I like that, but there's not a whole lot of pressure with this job.

Spotlight: So, you sort of work by yourself. It sounds like you are successful at it—that's a great accomplishment! I know your supervisor, David (Geddio), relies on you since he is not with you all of the time.

Bob: Right.

Spotlight: Would you like to say anything about Dave, your supervisor?

Bob: Yes. He is my boss. He is so easy to get along with. He doesn't put any pressure on me. He understands that I have weaknesses and he tries to help me compensate for them.

Spotlight: Do you want to mention a little about some of the accommodations he made for you?

Bob: He got a cart so I can pull the parts. I put them on the cart and just push the cart to where I need to go.

Spotlight: Is there anything you don't like about the position—your least favorite part of your job?

Bob: Not really. I like it.

Spotlight: I know you work in a warehouse, so it's hot in the summer and it's cold in the winter.

Bob: Very cold.

Spotlight: Is that hard for you—working in those different temperatures?

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Spotlight continued (from page 3)

Bob: In the beginning, when I first started doing the job, I had to get used to the cold, but now it doesn't really bother me at all.

Spotlight: When you are not working, what do you like to do? What are some of your interests?

Bob: I am a big car guy; I am very into cars. Me and my buddies work on our cars and I also have my own business, so I am getting back into that and do a lot more with that.

Spotlight: You said you own your own business. You continued to do that after you had your accident. Did you need any assistance with your business?

Bob: My mom gave me a hand at first. She helped me with the taxes and all that difficult stuff.

Spotlight: You are basically relearning that on your own. Community Skills Program is not involved in helping you with that aspect of your career.

Bob: Correct.

Spotlight: How are you doing with it now? Are you doing it on your own?

Bob: I still get a little bit of help from my mom. What I can do I do, but the taxes I still can't do; I don't want to do.

Spotlight: Can you just tell us again what you actually do in your business?

Bob: People call me on the phone and other businesses set up accounts with me so, when they need something, I have it either shipped to them or they can come get it from me.

Spotlight: You mean car parts?

Bob: Yes.

Spotlight: And you order them on the computer?

Bob: No, I don't order them on the computer; I just call my companies and have them shipped to me.

Spotlight: So they ship the parts to you and then you give them to the customer.

Bob: Correct.

Spotlight: Do you do anything for fun? Any hobbies, sports?

Bob: No sports. I work on cars.

Spotlight: Okay. And you have your own car that you're working on and fixing up.

Bob: Yes.

Spotlight: What do you do with the cars?

Bob: Aftermarket modifications (adding special features to cars).

Spotlight: Do you have any goals for the future?

Bob: Yeah. I'd like to go to school to learn how to drive backhoes and stuff like that—any kind of heavy equipment. I want to do that, and I am looking into buying a house sometime soon.

Spotlight: Great! What have you learned throughout your life experience?

Bob: Don't take anything for granted. And appreciate everything you get. And, wear a seatbelt.

Spotlight: Okay. That's good advice.



[Editor's Note: Bob would like to thank the staff at CJ Tire and Automotive in Birdsboro, PA—especially his supervisor, David Geddio, and the store manager, Greg Mynaugh—for their support and encouragement, as well as his parents, his sister, and the many friends who have been by his side during every step of his recovery. And, our appreciation is also expressed to Patricia Jones, rehabilitation counselor with the Office of Vocational Rehabilitation, for supporting Bob in his return to employment.]

Upcoming Events

- **David's Drive** is being held on Monday, September 17, 2007 at Lederach Golf Club in Harleysville, PA. Registration begins at 11:00 a.m., with a starting time of 12:30 p.m. **David's Drive** is the inaugural fundraising event for the Council on Brain Injury (CoBI), a recently formed, not-for-profit organization supported by ReMed. This golfing event is being held in memory of David Strauss, Ph.D. who helped form the Brain Injury Association of Pennsylvania in 2000 and served on the board until his death. He was a neuropsychologist who specialized in brain injury and was greatly loved by his clients and by his colleagues at ReMed. CoBI's mission is to support efforts across the brain injury spectrum to help individuals with brain injury and their families return to living their lives as fully as possible. For more information, go to www.davidsdrive.com or call (484) 595-9300, extension 119.
- The 84th Annual Meeting of the American Congress of Rehabilitation Medicine (ACRM) is being held in conjunction with the 14th Annual Meeting of the American Society of Neurorehabilitation (ASNR), October 3 to 7, 2007, at the Renaissance Washington, DC Hotel. The theme of the **2007 ACRM-ASNR Joint Annual Conference** is "Rehabilitation Research Without Borders."

A keynote speaker at this year's meeting is Lee Woodruff, who will be sharing her personal story of her family's experience during her husband's recovery from traumatic brain injury. Lee's husband, Bob Woodruff, was seriously injured in Iraq by a roadside bomb that struck his vehicle while he was reporting as a co-anchor of ABC's **World News Tonight**. Lee Woodruff will speak on October 4th from 10:00 to 11:30 a.m.

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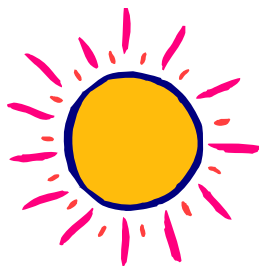
Tips On... Summer Safety



Summer is here! And, as the weather gets warmer, you may be heading outdoors. But, whether you're planning some yardwork, a trip to the beach, an afternoon at the neighborhood pool, or a backyard picnic, always keep your safety and the safety of others in mind. We've put together some safety tips to help keep you and your family and friends safe this summer:

- ☼ Dress for the heat. Wear loose-fitting, lightweight, light-colored clothing and a sun visor or hat.
- ☼ Use sunscreen and limit your time in the direct sun, especially between the hours of 10:00 a.m. and 4:00 p.m.
- ☼ Take plenty of water and drink frequently, even if you don't feel thirsty. Avoid caffeine, which will dehydrate you.
- ☼ If you're working or playing in hot weather, take frequent breaks.
- ☼ Never leave people or pets in a closed, parked vehicle, even for a minute.
- ☼ Swim only in supervised areas and obey all rules and posted signs; never swim alone.
- ☼ Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- ☼ **Always** wear a helmet when biking **and** when riding motorcycles, scooters, and horses. [Note: We tend to discourage the use of all-terrain vehicles (ATVs) because of the safety risks. Only five states do not have ATV laws. If you do plan to ride an ATV, it is best to take an ATV rider course first; to enroll, call 1-800-887-2887 to find out about course locations and the fee.]
- ☼ If hiking or camping, BE PREPARED! Make sure you have the supplies and skills necessary for your camping or hiking adventure. Go to www.redcross.org/services/hss/tips/hiking.html for hiking/camping safety tips and a hiking checklist.
- ☼ Never grill indoors or in any enclosed area, such as a tent, camper or garage.
- ☼ When cooking outdoors, refrigerate meat until it is placed on the grill, and cook it thoroughly.

Now that you've read our summer safety tips, go outside, **BE SAFE**, and have a **GREAT** summer!



Upcoming Events

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Another 2007 highlight is the John Stanley Coulter Lecture to be given by John Whyte, M.D., Ph.D., FACRM on "A Grand Unified Theory of Rehabilitation (We Wish!)" on October 6th from 12:00 to 2:00 p.m.

The Brain Injury - Interdisciplinary Special Interest Group (BI-ISIG) will hold its 2007 Annual Meeting during the ACRM-ASNR conference. The Sheldon Berrol Chautauqua, sponsored by the BI-ISIG, will be on "Controversies in the World of Sports Concussion," on October 4th from 11:30 a.m. to 2:00 p.m. Jeffrey T. Barth, Ph.D., ABPP-CN, director of the Brain Injury and Sports Concussion Institute in the Department of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine, will moderate the discussion by Robert Cantu, M.D. and Ruben Echemendia, Ph.D., experts on the assessment and treatment of sports concussions. The BI-ISIG General Business Session will be held on October 4th from 4:30 to 6:30 p.m.

For more information about this year's meeting or to register online, visit the ACRM website at www.acrm.org or call the ACRM national office at (317) 915-2250.

- The 5th annual **Walk for Thought/Cycle for Safety** is being held on Saturday, October 13, 2007. The event, sponsored by the Brain Injury Association of New Jersey, Inc. (BIANJ), will take place at Washington Crossing State Park in Titusville, NJ and Rifle Camp Park in Patterson, NJ. The goals of the event are to raise awareness of the 5.3 million Americans currently living with brain injury and to raise funds to help support individuals affected by brain injury, through the programs of the BIANJ and other programs that promote brain injury awareness and prevention education. Registration information will be available soon at www.bianj.org or by calling (732) 738-1002.

How a Physical Accomplishment Can Add to One's Overall Sense of Happiness

by Alan Greene
(father of Adam Greene)

Some of you may have read the article my son, Adam Greene, wrote in the winter 2006-2007 edition of this publication about his experiences with adaptive winter sports in Colorado. From a parent's perspective, I thought it might be valuable to tell you how, after Adam's accident, he got to the point where he believed in his ability to physically accomplish goals he set for himself.

One day everything is more or less fine...and then one day your world changes radically. Then, in Adam's case, he woke up from the coma following his accident, needing to relearn nearly everything—walking, talking, writing, dressing, eating—the list goes on and on. Since many of you have experienced this process yourselves, there is no need for me to elaborate. Just let me say that I have a world of respect for those of you who live this struggle every day.

But how best to recover from a major setback? Where do you even begin? There is no "how to" book of recovering from traumatic brain injury (TBI).

One of the first things they tell you is that everyone's injury and deficits are different. Therefore, each TBI survivor's recovery plan must fit his or her needs, abilities and deficits. Gradually, with occasional setbacks and disappointments, a pattern of progress emerges. Adam found Opportunity Project in Millburn, NJ, a clubhouse for those with TBI, that has provided him with skills as well as friendships that are important to him. Jespy House in South Orange, NJ has also provided a wonderful social program, allowing Adam to remain engaged in the life of the community.

Human beings are not that difficult to understand. What we all need is not complicated. We need nourishment, rest and a safe environment in which to live; we need purposeful work to do and the love and friendship of family and friends. We need to feel a sense of confidence born out of the respect of others for us and what we do. It is not that difficult to say, but much more difficult to achieve, both for the able-bodied as well as those with disabilities. Adam gets a great deal of personal satisfaction from his involvement with Opportunity Project, Jespy House, and his volunteer work at The Children's Institute (TCI), but he needed more. Something was missing.

He has found a rewarding volunteer job at TCI, working as a teacher's aide in a school for special needs' children. Adam gets a great deal of personal satisfaction knowing that he is making a difference in these children's lives. Adam also goes to the gym and works out several times a week to stay in shape but these workouts lack the excitement that outdoor adventures can provide.

Adam skied before his accident, which occurred at the age of 10. We learned, from friends, about the rich array of both summer and winter adaptive activities at both Vail and Breckenridge, Colorado. Adam discusses his experience in these programs at length in the article he wrote, but let me assure you that, from a parent's perspective, he is always very well supervised by trained staff and volunteers. Safety is a top priority, yet he gets pushed to set and accomplish new goals each time he attends an adventure challenge. One summer, it was canoeing and rafting on the Colorado River; another time it was

overcoming his fear of tackling a ropes course and climbing wall. Another year, after the camp was over, he worked with a counselor one-on-one and climbed a 14,000 foot peak in 3½ hours and stood at the top of the Continental Divide!

These activities have given Adam the feeling that he can physically accomplish a great deal, when for years he seemed to accept artificial limitations others had set for him. I hope that reading this article will cause you to rethink the limitations you or others have set for you and maybe, just maybe, become a bit more adventurous in body and spirit.

Our family's unconditional love and support over many years, combined with Adam's tireless work ethic, have helped get him to a good place—a new place for him that works.

I trust the editor of *BrainWaves*, Sally Kneipp, Ph.D., will post the contact information for these Colorado organizations that have done Adam a world of good. If your interest is more local, contact the Brain Injury Association in your state and see what they have to offer in the area of adventure challenges. I would be happy to field e-mail questions about Adam's experience in Colorado. If you send the editor an e-mail question, she will forward a copy to me for a response.

[Editor's Note: I am happy to repeat the contact information for the Colorado organizations. Please see page 7.]

Information on Adaptive Summer Sports

In our Winter 2006-2007 issue of *BrainWaves*, we provided you (courtesy of Adam Greene) with a list of some organizations in Colorado that offer adaptive winter sports programs. The following list includes those organizations that provide adaptive **summer** programs with activities such as rock climbing, whitewater rafting, canoeing, biking, hiking, camping, and fishing, just to name a few. Some of the organizations offer scholarships and/or financial aid to attend their programs:

Brain Injury Association of Colorado

4200 West Conejos Place #524
 Denver, CO 80204
 Phone: (303) 355-9969
 Toll-Free: (800) 955-2443

Breckenridge Outdoor Education Center (BOEC)

P.O. Box 697
 Breckenridge, CO 80424
 (800) 383-2632
 Website: www.boec.org
 (Scholarships and financial aid available based on documented need)

Challenge Aspen

P.O. Box M
 Aspen, CO 81612
 Phone/TTY: (970) 923-0578
 Website: www.challengeaspen.com

Crested Butte Adaptive Sports Center

P.O. Box 1639
 Crested Butte, CO 81224
 Toll-Free: (866) 349-2296
 Website: www.adaptivesports.org

National Sports Center for the Disabled

P.O. Box 1290
 Winter Park, CO 80482
 (970) 726-1540
 Website: www.nscd.org



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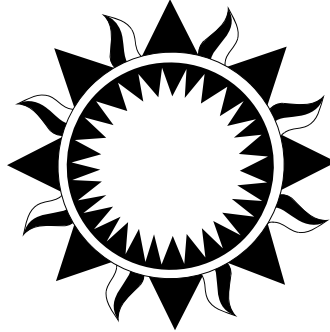
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