

The mission of CoBI is to fund education and activities related to brain injury, conduct and support research for improved treatment, and advocate for improved services.

CoBI Spring Conference: A BIG Success!

Board of Directors

Joanne Finegan, MSA, CTRS
President

M. J. Schmidt, MA
Chair

Kathryn Clayton, MS
Secretary

Mary Pat Murphy, MSN, CRRN
Treasurer

John Savelloni, MBA
Member

David L. Woloshin
Member

Paul Wolfson
Member

Rosette C. Biester, Ph.D.
Member

Eli DeHope, Ph.D.
Member

On Wednesday, March 18th, CoBI held its fourth annual conference for professionals entitled “New Advances in Brain Injury Rehabilitation” in Pittsburgh. Conference speakers included Dr. Mark Sherer, who spoke on predicting outcomes after traumatic brain injury; Dr. Jim Malec, who presented on using the MPAI-4 for rehabilitation planning; Diane Newman, an expert on incontinence after acquired brain injury; and Scott Peters, who spoke on the issue of failure to engage in rehabilitation. Joanne Finegan, President and CEO of ReMed and Embassy Management, LLC and President of CoBI, moderated a panel on leisure activities for individuals with TBI. This year’s conference took place at Duquesne University with more than 80 professionals from PA, Ohio, Maryland and West Virginia in attendance. Thanks to our sponsors and exhibitors who helped us to bring state-of-the-art education about brain injury and CoBI to western PA! Special thanks to ReMed committee members for making this event possible! And finally, mark your calendars for next year’s event: March 16, 2016.



President's Message

Wow, 2015 is flying by and CoBI has been very busy these past few months. After coming off of a good 2014, we started the year working on approving new grants and as you will see, we have a number of new organizations in the mix. From there, the annual CoBI conference in Pittsburgh, PA was a huge success and the evaluations made it clear that this is a high quality, informative conference. We are looking forward to putting together another great clinical faculty for 2016.

This spring we are supporting prevention and safety fairs, holding the annual Tribute Trek, and planning the David's Drive golf tournament which is slated for September 29th at Penn Oaks Golf Club in West Chester, PA. Additionally, we are launching a brand new CoBI website at www.councilonbraininjury.org.

We could not do all of this without our great support network. Thanks for all that you do to help keep the Council on Brain Injury a viable and valuable organization that supports individuals with brain injuries, families, and organizations that share our mission and passion. Hope to see you at one of our events this year!!

Joanne Finegan
CoBI President



Tribute Trek 2015

On Saturday May 2nd, 61 trekkers gathered at Lower Perkiomen Valley Park in Oaks, PA for the 6th Annual Tribute Trek. This event was started in 2010 by Todd Clark in memory of his mentor, Dr. David Strauss. The event honors David's commitment to raising the public's awareness of brain injury, and this year raised \$2,750 for the Council on Brain Injury!

The 1-Mile Fun Walk along the Perkiomen Trail began at 10:00 a.m. ReMed's Ken Muller DJed the event, and we raffled off a gift basket to one of the lucky trekkers.

Thanks to this year's sponsors who included CoBI, ReMed, Fitness Trainers Inc., Geis Realty Group, Lawall Prosthetics and Orthotics, Square Orbit Entertainment, Kurtas Chiropractic, Wegmans, and Wawa - and most especially thank you to all the volunteers, donors, and trekkers who made this the largest Tribute Trek yet.

CoBI Awards Nearly \$35,000 in Grants

CoBI awarded almost \$35,000 in grants to organizations in Pennsylvania and New Jersey this year. Seventeen organizations were selected for their work in research, advocacy, and education on traumatic brain injury. Research projects that were funded this year included a Drexel University study on sleep and concussion recovery and the Association of Registered Nurses' project on continence. Education and prevention projects included the Brain Injury Association of New Jersey's Champion Schools, funding for the David Strauss Scholarship Program through the Brain Injury Association of PA, Bryn Mawr Rehab Hospital's Cruisin' Smart program, PSU College of Medicine's Shaken Baby Syndrome Prevention Program, and ReMed's Clinical Forum. Projects focusing on outreach, advocacy, and quality of life included the Acquired Brain Injury Network of PA, Wayne Art Center, Clinton County Women's Center, a recumbent bike for Three Rivers Adaptive Sports, scholarships for Camp Cranium and Fighting Back, equestrian therapy at Hope Springs and Slippery Rock equestrian centers, a book club through Moss Rehabilitation Hospital, and Bucks County IU's BrainSTEPS program.

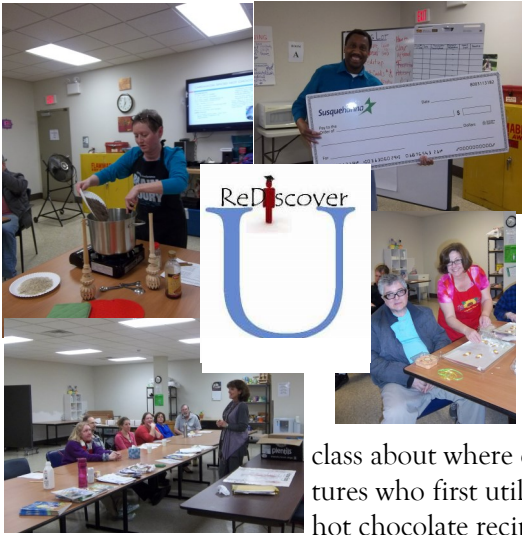
Support CoBI Year Round

The **Opportunities Given Program** allows individuals and corporations to support CoBI's mission year round. Funds are used to expand recognition of brain injury and also to promote prevention and safety efforts. Your gift can be made:

- To honor someone
- In memory of someone
- To purchase various sport safety helmets which will be donated at safety and prevention events throughout the state

Donations can be made directly to CoBI or through the United Way (use Council on Brain Injury for the name of organization). Be sure and ask if your employer has a matching gift program, too!!

For more information please visit www.councilonbraininjury.org
or
call 484-595-9300, ext 136.



ReDiscover U is an adult education program for adults with acquired brain injuries. ReDiscover U courses offer individuals of all abilities an opportunity to learn in a supportive environment and challenge their skills. Each class offers an educational experience, but also an opportunity to socialize, try something new, and just have fun!

Check out some of our recent offerings!

History of Hot Chocolate

In February, we all braved some of the coldest winter temperatures on record! In hopes of keeping warm, ReDiscover U participants attended “Armchair Travel: The History of Hot Chocolate.” Instructor Ilene Addice taught the class about where chocolate comes from, how cocoa beans are harvested, and the ancient cultures who first utilized cocoa beans. Ilene whipped up several pots of traditional and modern day hot chocolate recipes. The participants sampled Candy Cane White Hot Chocolate, Parisian Hot Chocolate, authentic Mexican Hot Chocolate, as well as a Turkish Cardamom Hot Cocoa. It was great to warm up inside and spend time with friends.

ReDiscover U Participants Learn about Financial Literacy

In March, ReDiscover U participants attended a class on “Financial Literacy.” Tim Taylor from Susquehanna Bank explained to the group that Financial Literacy is the ability to make thoughtful and informed decisions about your finances. Tim reviewed the key components of Financial Literacy: earning money, setting goals, planning, asking for help, and budgeting. The participants completed a “Smart Goals” worksheet, which helped them identify and plan for a personal financial goal. Tim did a great job of addressing the participants’ questions, and even sent a follow-up email on topics which were not covered in class due to time constraints. We are looking forward to having Tim back for a follow-up class, hopefully this summer!

Candy Making 2015

In April, ReDiscover U participants created homemade candy treats just in time for Easter and Passover. Instructor Ilene Addice, along with several volunteers, led the group in making confetti popcorn, candy bacon and eggs, and white chocolate jelly bean bark. All treats were packaged and ready for gift giving. We had a record number of 20 attendees and everyone had a great time catching up after the long, cold winter months. Thanks to Ilene for another great class!

To Live Gluten-Free or Not: Get the Truth

In November, Dietician and Nutritionist Nancy Patin-Filini provided an interactive lecture on gluten-related disorders and the pros and cons of living a gluten-free lifestyle. Nancy explained where gluten comes from, how gluten disorders are diagnosed, and the myths associated with the fad gluten-free diet. She also provided the participants with resource information as well as samples of gluten-free products.

ReDiscover U is a unique, community-based educational program designed to meet the diverse needs of individuals with acquired brain injury. These adult education courses provide an opportunity to learn in a supportive environment.

For more information about ReDiscover U please contact:
Katie MacKenzie at 610-695-6315, ext. 438
or at kmackenzie@remed.com.

2014 Financial Report

2014 was a successful financial year for CoBI. Individual donations through the Opportunities Given program rose by 25%, due in part to the creation of the new Bob Cashen Memorial Scholarship. CoBI was able to grant more than \$33,000 to organizations promoting research, advocacy, and education in the field of brain injury.

David’s Drive raised a record \$49,210, while our other major event, the Pittsburgh Conference, raised \$5,075. Fifty supporters came to Tribute Trek, and the event netted \$2,273, more than ever before.



Peaceful Endings ... Hard Goodbyes

Bob Cashen was part of the ReMed family for over 27 years and was beloved by many. Bob passed away in late 2014 and his family asked the Council on Brain Injury to set up a memorial scholarship fund in his memory. The **Bob Cashen Memorial Scholarship** was established in November of 2014 and directs all of its donations to the Hope Springs Equestrian Center in Malvern, PA. Hope Springs does incredible work and was a big part of Bob's life. The relationships that Bob had with their staff and horses, especially Beauty, were special and unique.

CoBI is proud to support Hope Springs in continuing to provide enjoyment and quality to the lives of individuals who are living with various types of disabilities. Through the generous donations of Bob's friends and family, this fund provided over \$3,700 to help to continue to provide opportunities and experiences to other riders going forward.

New Website Launched!

At long last, we can unveil a project we've been working on all year: the new Council on Brain Injury website at www.councilonbraininjury.org. With the generous assistance of Inventive Software, we now have a platform where we can tell the world about the research, advocacy, and education efforts of both CoBI and our grantee partners. Come visit us on the web!



Save the Date!
September 29, 2015
Penn Oaks Golf Club
West Chester, PA

*Sponsorships are available
Call 484-595-9300, ext. 136 for more information*



Speaking of David's Drive ... It's Time to Nominate Someone for the CoBI Award

Each year, CoBI presents the CoBI Award to an individual who shows leadership and dedication in the field of brain injury. This year, 2015, the CoBI Board has decided to add that same type of recognition to a community organization or program who provides opportunities and compassion in supporting individuals and/or their families after brain injury. We hope you will take time to consider submitting a nomination of an individual or an organization you feel meets these criteria. Last year the CoBI Award winner was Scott Dillman, founder of the Fighting Back program. Past award winners have included:

- 2013 Barbara Geiger-Parker, President of the Brain Injury Alliance of New Jersey
- 2012 John Whyte, MD, Director of Moss Rehabilitation Research Institute
- 2011 Mark Dias, MD and his staff, Penn State University, Shaken Baby Syndrome/Abusive Head Trauma Prevention Program
- 2010 Michael Collins and Mark Lovell, Founders of ImPACT and concussion experts
- 2009 Marilyn Spivak, Founder of the National Head Injury Foundation
- 2008 Chris Nowinski, President of the Sports Legacy Institute
- 2007 Keith Robinson, MD, Psychiatrist for the Philadelphia Veterans Administration Hospital

The Board of CoBI is accepting nominations for the 2015 Award. Please let us know your nomination by contacting MJ Schmidt at mschmidt@remed.com. Nominations are due by July 31, 2015. The CoBI Award Dinner will take place following David's Drive on September 29th at Penn Oaks Golf Club.