**15th Annual Conference Success**

The Brain Injury Association of Missouri (BIA-MO) Annual Statewide Conference last year was claimed to be, “the best one yet.” And it was!

Based on evaluations from participants, the BIA-MO 15th Annual Statewide Conference held in October exceeded expectations, and is now “the best one yet.”

During the past 15 years Conference attendance has grown in attendance and BIA-MO broadened the scope of session topics. This year’s topics and professional presenters elevated the Conference to new levels.

Missouri and national experts presented latest trends in innovative therapeutic strategies, cutting-edge and best practice treatment options, and research specifically relating to brain injury.

Keynote Speakers David R. Strother, LSCSW/LCSW, CCTP, Director of Military Services, Valor Recovery Program, at Signature Psychiatric Hospital in North Kansas City, Missouri, and Mark J. Ashley, ScD, CCC-SLP, CCM, CBIST, Founder and Chief Executive Officer at Centre for Neuro Skills in Bakersfield, California were informative and inspiring.

**Survivor and Family Seminar**

Each year, the third day of the BIA-MO Annual Statewide Conference is dedicated to topics of interest to survivors of brain injury and family members. This year, they learned about understanding and coping with sensory overwhelm, neuropsychology, and brain injury and depression. There was also a session on how to improve memory and thinking skills along with time to meet other survivors and family members.

Erica Renee’ Walker was also the Keynote Speaker for this Survivor & Family Day. She is an inspiration to individuals who now know her story of life with brain injury.

Thanks to the generosity of sponsors and exhibitors, the Survivor & Family Seminar is provided at no cost to participants. This opportunity to meet others with common interests and challenges, and to share possible solutions, is appreciated and beneficial for Seminar attendees.

**Join Us For New Sessions In 2020**

**Survivor and Family Seminar – Southwest MO**
Free educational seminar with information, practical suggestions and guidance about living with brain injury.

**Saturday, March 21, 2020 • 8:30 am – 3:00 pm**
Catherine McAuley Conference Center, Mercy – Springfield, 1235 E Cherokee, Springfield, MO 65804

**Survivor and Family Seminar – Western MO**
Free educational seminar with information, practical suggestions and guidance about living with brain injury.

**Saturday, April 18, 2020 • 8:30 am – 3:00 pm**
St. Joseph Medical Center, 1000 Carondlet Dr. Kansas City, MO 64114
MAUREEN’S MESSAGE

The Brain Injury Association of Missouri (BIA-MO) continues to be active throughout 2019. It has been a good year for the brain injury community, the State of Missouri and the Brain Injury Association. As we celebrate 2019, we are also preparing for 2020.

Missouri Brain Injury Waiver is close to implementation for services for persons with TBI. The Missouri Department of Health and Senior Services (DHSS) will be accepting applications for the Brain Injury Waiver, hopefully in early 2020. Applications will be reviewed for eligibility and needs of each Waiver applicant.

Missouri is benefitting from the all-rider motorcycle helmet law remaining intact. The veto of Senate Bill 147 in July 2019 is helping to save lives, prevent brain injuries and save tax dollars.

BIA-MO updated our bylaws and strategic plan in 2019. This ensures our Mission and operations continue to make a difference for survivors of brain injury, family members, professionals and the community in 2020 and many years to come.

We will continue to focus on core services of support, education, recreation and advocacy while expanding outreach and awareness about brain injury and the Brain Injury Association of Missouri.

Your involvement and support are vital for 2020 to be a strong year again for BIA-MO, the brain injury community and the State of Missouri.

Please help in one or more of the following ways:

- Donate to the Brain Injury Association of Missouri – keep services available.
- Encourage eligible survivors of TBI to apply for the Brain Injury Waiver services – applications open early 2020.
- Participate in BIA-MO services – know you are not alone in life with brain injury.
- Share BIA-MO social media posts – increase awareness and presence of BIA-MO.
- Engage elected officials to prevent brain injuries and provide services – be part of the Voice of Brain Injury.
- Tell acquaintances, colleagues, family and friends about the Brain Injury Association – so they are aware of help and hope available.

HONORARIUM & MEMORIAL GIFTS

(August 15, 2019 – November 15, 2019)

IN HONOR OF

Brendan Myers
Mary Midden
Lori Winter - birthday
Tina Sredojevich

IN MEMORY OF

William Bernickus, Sr.
Lisa and James Avery
Mary Bernickus
Cindy Hauter
Lovenie Heartman
John Hunt
Carol and Thomas McCafferty
Carol and Donald McCloud
Maxine Pabst
Beverly and Kevin White

Doris “Dottye” Buchmueller
Eileen Barry
Barb Bono
Charlene Burkhart
Sharon and Steve Byrne
Lois and Don Ditzler
Pat Fuqua
Mickey Goldstein and Paula Wagner
Dana Hollander
Marge Kage
Gloria King
Linda and Chris Koenemann
Nancy and Jack Litzinger
Carole Lohc
Marsha and David Silverman
Krystal and Mike Wallace
Joan and Wade Wilkerson
Lorelei and Greg Zavaglia

Annette Collins
John Collins
Susan Henss
Eileen and Harvey Hahn
Jackson Schmitt
Lori Winter

ANNUAL STATEWIDE CONFERENCE SPONSORS

Co-Host Sponsor
Missouri Department of Health & Senior Services

Track Sponsors
Missouri AgrAbility Project
Missouri Beginning Farmers and Ranchers Program
SSM Health Rehabilitation Network

Break Sponsors
Newman Bronson & Wallis Wolfgram & Associates

Keynote Sponsors
Mercy Rehabilitation Hospital
Missouri Association of Rehabilitation Facilities
Missouri Department of Mental Health - Division of Developmental Disabilities
NeuroReStorative
St. Louis Children’s Hospital
The Rehabilitation Institute of St. Louis (TRISL)
Missouri Beginning Farmers Blend Experiential Learning to Grow Their Farm

Missouri Beginning Farmers program is a new pilot of training workshops, educational classes, and customized one-on-one technical assistance with the following activities:

ABCs of USDA Programs
“ABCs of USDA Programs” is a one-day workshop promoting USDA programs in partnership with Missouri State USDA offices.

Grow Your Farm
Eight-week course that meets one evening a week plus two farm tours to:
- Prioritize personal and family values for the farm mission statement and goals.
- Learn to "walk the farm" to assess the land and its facilities.
- Learn to evaluate the feasibility of particular farm opportunities.
- Understand components and create a business plan for your farm.
- Understand financial aspects of a business plan and review financial management tools.
- Consider types of agricultural marketing and draft a marketing plan.
- Become familiar with legal issues that pertain to farming enterprises.

Selling Local Foods Workshops
MU Extension curriculum that includes: Introduction to Selling Local, Customer Service, Food Safety, Restaurants, Institutions, Produce Auctions, Farmers’ Markets, Wholesale, Grocery Stores, Community Supported Agriculture and Agritourism.

Farmer Learning Circle
Small group of beginning farmers with like interests to gain detail on specific topics, such as pastured poultry, farm safety, high tunnel production, farm financial benchmarking and natural resource management.

Farm Walk Abouts
Informal, family oriented, get-to-know-you farm tours or job shadowing for sharing of strategies and techniques that work.

Technical One-on-One Assistance
Individualized information, action steps and other support to help farmers with brain injury better access services.

Eligibility
The project will pilot in the urban/rural fringe of St. Louis – Jefferson, Ste. Genevieve, St. Francois, Washington, Franklin, St. Charles, and St. Louis Counties along with St. Louis City.

Contact us at 1.800.995.8503 or visit the Missouri Beginning Farmers webpage https://beginningfarmers.missouri.edu/

Collaborating Partners

These materials are based upon work supported by the National Institute of Food and Agriculture (NIFA), United States Department of Agriculture, under sponsored project number 2018-70017-28578.
Each year the Brain Injury Association of Missouri honors individuals and organizations that have made an outstanding contribution in the brain injury community. This year’s awards were presented at the Awards Luncheon and Annual Meeting during the 15th Annual Statewide Conference. Congratulations to those who were recognized in this special way and to all who make a difference every day for survivors of brain injury, their families and our communities.

**Courage Awards**

**Megan Benz**
Fifteen years ago, Megan was fighting for her life after surviving a car crash that killed the driver. She was comatose for one month and still has memory loss and speech impairment. Her strength and determination helped in her recovery. Today, her heart of gold and a contagious laugh inspires guests at Bloom Café in St. Louis where she works.

**Marjorie Creamer**
Marjorie has sustained two brain injuries - one in 1991 from an assault and in 2009 from a car crash. Her courage has been her strength to face many challenges of life with brain injury. Marjorie is author of The Hush, a book that draws on her courage to bring attention to systems that do not understand brain injury.

**Emma Parker**
Since her stroke two years ago, Emma has shown tremendous determination. Her courage and strength have helped her endure numerous surgeries, trips to the hospital, therapies, new medications and infection - all while she cares for her children and helps her family look toward the future. Emma refuses to let her brain injury take away her joy of family, work and faith.

**Glenn Scott II**
Since his brain injury in 1994 from a motor vehicle crash, Glenn has shown tremendous courage. He’s tried to go back to school and persevered in therapy to learn how to walk again. Glenn is always happy and smiling as he shares his message about brain injury with members of the Cape Girardeau Support Group.

**Bill Buell Memorial Award**

**Aaron Marino**
Aaron is a Case Manager with Life Streams and provides exceptional support and services to persons with brain injury. He discerns an individual’s needs and provides direction for every part of daily living. One client said, “Aaron showed me that it is alright to have a brain injury and I can improve my quality of life.” There’s no greater compliment.

**Service Excellence – Community Service**

**Britni Martin**
Since her Dad sustained a brain injury in an accident, Britni has shown patience, responsibility, courage and thoughtfulness. Even when he can’t remember what he did yesterday, he remembers her selfless acts as she helps him through therapy and with transportation. Britni will soon begin college but her service for her dad will continue.

**Service Excellence Award - Fundraising**

**Page Melton Ivie**
Page has coordinated Give STL Day and Giving Tuesday campaigns for BIA-MO for five years. She registers our organization for participation, attends the informational and training meetings to gather new ideas, writes promotional emails and social media posts, and follows up with thank you emails as gifts are received. Page’s efforts have resulted in more than $15,000 raised for BIA-MO.

**Service Excellence – Prevention**

**David Brothers**
David was the starting point of the Veto of SB147 by Governor Parsons. He compiled motorcycle helmet data for the “Veto Packet” that was presented to the Governor’s Office and was instrumental in building a coalition of health and safety organizations to support the veto effort. David’s understanding of public policy, data research and brain injury, along with his heart to assist others, made this Veto process possible.
Service Excellence – Public Relations

Jennifer Braun

Jennifer has been behind the scenes of the Missouri Department of Health and Senior Services Adult Brain Injury Program for many years. She is the Manager of the Program. She updated the Brain Injury Waiver application and is preparing its implementation. Her knowledge, energy and professionalism increase awareness and participation in the Adult Brain Injury Program.

Volunteers of the Year

Charity Belles of Springfield

Charity Belle Members are the hard working volunteers who handle everything from registration to lunch at BIA-MO programs in Southwest Missouri. These programs include the Survivor & Family Seminars, Sports Concussions: Facts, Fallacies and New Frontiers, and Bowling for Brain Injury. Their homemade treats are a special favorite of event attendees.

Pilot International and Friends – Blue Springs

The Pilot International and Friends group in Blue Springs takes responsibility for the logistics of registration, set-up, greeting attendees and serving lunch for educational and fundraising events in the Kansas City area. This organized, hard-working group of volunteers keeps everything moving smoothly.

Points of Light

Sarah Carlson

Sarah is a blessing to the brain injury community. She facilitates the Brain Injury Support Group that meets in downtown Kansas City and provides literature about brain injury and information about community resources. Her compassion, insight and knowledge provide encouragement and support for group members as they adapt to their new life with brain injury.

Preferred Employment Services – St. Louis.

Clients of Preferred Employment Services – St. Louis know that the staff truly cares about them. Along with employment assistance for clients to work in jobs they love, the staff stresses personal growth, being kind and understanding of others and encourages a holistic approach to living and working within the community.

Lifetime Achievement

Mary Bernickus

Mary became involved with the Brain Injury Association in 1988. A story about her son Tom and his brain injury was printed in the local paper. One of the Founding Mothers of the Brain Injury Association of Missouri called her and invited Mary to get involved.

Mary has served in many aspects of the Association including social activities for survivors and support groups for family members. Mary still attends social activities and co-facilitates the Support Group in St. Charles. Among her many roles, Mary has served on the Board of Directors, as President of the St. Louis Chapter and Historian.

The Brain Injury Association of Missouri is grateful for Mary’s involvement. Because of her commitment, knowledge, compassion and leadership, much has been accomplished.
EDUCATIONAL SCHOLARSHIP AWARDS

The Brain Injury Association of Missouri awards educational scholarships annually to survivors of brain injury who are pursuing post-secondary education. These individuals face challenges while showing remarkable courage and determination to create a career path for their future.

Congratulations to our 2019 Scholarship Recipients:

21-14 Concussion Awareness Foundation Educational Scholarship

- Courtnee Walker - Studying for an Integrated Studies degree at Murray State University.

Griggs Injury Law Educational Scholarships

- Kathryn Hwang – Pursuing Masters of Public Affairs degree at the University of Missouri – Columbia.
- Courtney Simons – Working towards Speech-Language Pathologist degree at the University of Central Missouri.

SSM Health Rehabilitation Network Educational Scholarships

- Lana Downard - Studying to obtain an Occupational Therapy degree at Saint Louis University.
- Daniel Weeden – Working towards a Computer Science degree at Southern Illinois University Edwardsville.

Jim and Lori Winter Scholarships

- Alan Rodts – Pursuing a Physical Therapy Assistant degree at Ozarks Technical Community College.
- Amy Shapiro – Expanding her educational studies to include a Masters in Education degree from Lindenwood University.

IN MY OWN WORDS

By Erica Renee’ Walker

Author, Through the Lens: A Book of Short Stories

I was shot in my head on June 1, 2008, which was two days after my 21st Birthday. I was rushed to Saint Louis University Hospital where I immediately underwent brain surgery. I was unresponsive and showed little sign of brain activity.

Following surgery, I had problems with my breathing and developed an infection, requiring another brain surgery. Thankfully, the second surgery was a success and I became responsive and showed brain activity.

The bullet that went into my brain shattered into pieces and struck my vocal cords, mobility nerves, and affected my equilibrium. It also caused me to have seizures and a stroke. I had to breathe on a ventilator, couldn’t talk for four months, had a feeding tube to receive nutrients, and couldn’t hold my head up or sit by myself.

My rehabilitation lasted several months and included two rehabilitation hospitals and a nursing home.

I’m not walking yet, but I’m at home, able to talk, eat regular food, hold my head up and sit by myself. I’ve graduated from college twice with degrees in Communications and Media Studies. I’m active in my Church, volunteer for STL TV, and talk with teens, other survivors of brain injury, as well as community groups about my brain injury. I’m extremely grateful that I can still live my life and enjoy every day that God gives me.

You, too, can continue living your life after brain injury, because you, too, have been given another chance.
LEGACY OF LIFE – CELEBRATES YOUR LIFE

Planning your Legacy of Life is an opportunity to celebrate your life and continue your help for others.

Estate planning is a process of:
Reflection - what is important to you.
Identification - what you own, and what you owe.
Consideration - planned giving option pros and cons.
Determination - who receives what of your estate.
Documentation - your intentions through legal agreements and documentation.

When you begin your Legacy of Life planning, it is not necessary to have all of the information. The details of accounts and contact information may be finalized when the legal documents are developed. The important thing is to begin now.

Use sheets of paper or computer documents to begin your Legacy of Life planning. You may also contact Maureen Cunningham, Executive Director, to request a “BIA-MO Legacy of Life Planning Workbook” at MCunningham@biamo.org or 314-426-4024.

**Reflection** – You and what is important
- List family relationships – parents, grandparents, siblings, children, cousins, etc.
- List affiliations and activities – work, military service, religious affiliation, civic activities, other interests.
- Brain injury story – cause, effect, help, hope, healing and encouragement for others.

**Identification** – Your assets and liabilities
- List important documents and where they are stored – birth certificates for you and children, social security card, marriage status papers, real estate deeds, personal property and income tax records, trusts and will.
- List banking, retirement and investment account information including institution and balance.
- List real estate and personal property such as home, land, vehicles, and appraised jewelry and collections. Include details such as description, name(s) on title and lien amount.
- List what you owe on real estate, loans, taxes and business ownership.

**Consideration** – Benefits of planned giving options
- Set priorities for your Legacy of Life – more estate to heirs, little or no costs during your lifetime with charitable gift upon death, avoid capital gains liability, and give others an opportunity to donate.
- Compare desired benefits to assets.

**Determination** – Distribute assets
- Based on what is important to you, what you have available to share, and your planned giving priorities, list the person or organization that is to receive your Legacy of Life gift.

**Documentation** – Legal records of your intentions
- List contact information for professionals, advisors and family members responsible for implementing your Legacy of Life planned giving commitments.

To include a Legacy of Life gift for the Brain Injury Association of Missouri in your estate plan, provide your attorney or other advisors with BIA-MO identification information.

**BIA-MO Identification** – Legal and locating information for inclusion and notification
- EIN: 43-1264556
- Brain Injury Association of Missouri, Inc.
  2265 Schuetz Road
  St. Louis, Missouri 63146-3409
- Phone: 314-426-4024 Fax: 314-426-3290
- Email: Staff@biamo.org
BIA-MO is a membership organization. Please join at www.biamo.org

SAVE THE DATES...
Mark Your Calendar and Register Today

SPORTS CONCUSSIONS: FACTS, FALLACIES AND NEW FRONTIERS EDUCATIONAL PROGRAMS
Concussion-related education for youth coaches and team personnel (paid or volunteer) as well as school nurses, PE teachers, counselors, and administrators.
Columbia – Friday, February 7, 2020 – Refresher
St. Louis – Thursday, February 6, 2020 – Seminar
Kansas City – Monday, February 10, 2020 – Seminar

BOWLING FOR BRAIN INJURY
Teams of up to six raise a goal of $500 to support local programs for survivors and family members, as well as increase awareness about brain injury.
Saturday, June 13, 2020 12:00 pm – 2:00 pm
Kansas City – TBD
Saturday, June 20, 2020 12:00 pm – 2:00 pm
Springfield – Enterprise Park Lanes, 1625 S. Enterprise
Springfield, MO 65804
St. Louis – Bowlero Chesterfield, 176 Four Seasons Shopping Center, Chesterfield, MO 63017

BIA-MO DONALD DANFORTH JR. WILDERNESS CAMP
Week-long outdoor Camp for persons with brain injury currently over the age of 18, regardless of age at the time of injury or cause of injury. Activities adapted for each Camper’s abilities. Sleeping cabins are air-conditioned.
Bus transportation available from St. Joseph, Kansas City, Columbia and St. Louis.
Sunday, June 21 - Friday, June 26, 2020
Sunnyhill Adventure Camp – Dittmer, Missouri

To register or sponsorship information about programs and events, contact the Brain Injury Association of Missouri at info@biamo.org, 314-426-4024 or 1-800-444-6443.