BIA-MO ANNUAL PROFESSIONAL CONFERENCE ONLINE

The Brain Injury Association of Missouri (BIA-MO) Annual Statewide Conference will be online October 1 and 2, 2020.

It will still be the premier educational program for healthcare, rehabilitation, vocational, Veteran services, education, community supports and other service providers. Conference sessions will be applicable to professionals who provide care for survivors of brain injury and their families on a regular or periodic basis.

The focus will be professional development for various care providers who serve persons with brain injury and their families. Session content will be geared toward therapeutic and treatment options and best-practice care based on current research and methodologies for improved patient outcomes.

Session topics currently include:
- Aging with Brain Injury
- Medication Interactions and Brain Injury
- Tele-Rehabilitation
- Caregiver Coping and Education
- Military Veteran Farmers: Heroes to Hives
- Concussions/mTBI and Return to Activities

CONTINUED ON PAGE 3

BECAUSE OF YOUR MEMBERSHIP

BIA-MO is able to make a difference every day through support of Members.

Because of Memberships, survivors and families know they are not alone in their life with brain injury. Individuals and families have access to community resources and information from each other. Professionals gain knowledge about brain injury and best-practice care. Coaches and school personnel learn to recognize a possible concussion and reduce concussion risks for youth.

Your Membership makes all of this – and more – possible.

In addition to benefits for others, there are benefits for you too.
- Brain Injury Association of America The Challenge quarterly magazine.
- Discount Registration Fee to the BIA-MO Annual Statewide Professional Conference.
- One-year subscription to The Journal of Head Trauma Rehabilitation for Professional and Corporate/Organization Memberships. This is a $172 value.
- Assurance that you are making a difference – you are the HOPE for others.

Membership is a specialized donation that is renewed annually as part of Brain Injury Awareness Month in March.

Please become or renew your Membership today. Be help and hope for others, and yourself.

Mail the enclosed Membership envelope to BIA-MO, 2265 Schuetz Road, St. Louis, MO 63146. You may make your Membership gift online with a credit card at www.biamo.org or call the BIA-MO office at 314-426-4024 or 1-800-444-6443.
MAUREEN’S MESSAGE

There is no doubt that COVID-19 changed life as we knew it - for ourselves and the Brain Injury Association of Missouri (BIA-MO).

With many survivors of brain injury being in a high-risk health population due to underlining health conditions, BIA-MO found new ways to serve survivors, families, professionals and the community. We continue to make a difference every day.

The BIA-MO Information & Referral Service is available by phone and email. Several support groups meet online each month. Our Annual Statewide Conference will be held online October 1 and 2, 2020. Online conversations at Networking Coffee for Professionals have been effective for participants to make connections for serving survivors and families. In addition, Bowling for Brain Injury was a successful virtual fundraising event.

Some services remain in “pause” mode. There is no substitute for the adventure activities and socialization of swimming, dancing and playing games at the Donald Danforth Jr. Wilderness Camp. Gatherings of the Survivor & Family Seminar and Social-Recreational Activities remain too high of a risk for persons with brain injury, their loved ones and the community.

Life with brain injury and the impact of COVID-19 have similarities such as:

C - Changes to daily life
O - Opportunities for new ways and accomplishments
V - Values reassessed and renewed
I - In this together with encouragement to know you are not alone
D - Determination to overcome challenges

Results of these impact-similarities for survivors of COVID-19 include characteristics of persons with traumatic or acquired brain injury:

T - Tremendously
B - Brave
I - Individuals
A - Admirably
B - Brave
I - Individuals

You are not alone in life with brain injury and we are all in the fight against COVID-19 together.

MEMORIAL GIFTS & HONORARIUM
(November 15, 2019 – July 31, 2020)

IN MEMORY OF

Dennis Bender
Susann and William Batson
Patricia and Gregory Ferguson
Christine and John Hipp
Pamela McIntee
Chris Mueller
Sharon and Edward Niethe
Patricia Pemberton
Deborah Rose
Teri Rose
Teresa and Hoey Swain

Diane Bowes
Tom Bowes
Donna and Ryan Burkhoder
Rick Davis
Mary Heidbreder
Mary Ann and Ronald Horst
Doris and David Knight
Alison and Anton Ruehl

Sylvia Buerk
Cheryl Price
Annette Collins
John Collins
Linda Courtois
Eileen and Harvey Hahn
Cheryl Price

Orville “Goose” Eggemeyer
Patti and Thomas Jayne

Opal Freeman
JoAnn Adcock

Jane Hammond
Loretta Hammond

Doug Hardie
Sharon and Mike Gorman

Nancy Koenig
Barbara and Peter Sturner
Peter Ladley
Carol Johanek and David Dunn

Adele Ruggeri
Kathleen and James Ruggeri
Larry and Jeanie Schiffer

Henry Ruggeri III
Elliot Dole
Ricky White
Rocky Caudell
Buford Farrington

IN HONOR OF

Mary Bernickus – Lifetime Achievement Award
Judy and Randy Speck
Jennifer Beaury
Lori Winter

Danforth Family
Nancy and John Ross Jr.
Bobby Eyster – Christmas
Lonnie and Phyllis Laster

Sue Farris
Carol Ann Chilton

Cathy Hammond
Loretta Hammond

Dr. Barbara Hessel – Birthday
Christina Foley

Teddy Jayne
Patti and Thomas Jayne

Hopie Melton – Birthday
Leigh Dennis

Jessica Platt
Linda and Mark Platt

Beverly Ruggeri – Birthday
Sharon Thomason-Sekyi

Lori Winter – Birthday
Janet Smith

David Wojtkowski
Lisa and Jeff Weiler
WE ARE IN THIS TOGETHER

Trenton Gin, a student at Saint Louis University, and his team of volunteer tailors provided 250 homemade face masks for persons with brain injury and their families. These masks are helping survivors when they are in public places and safe physical distancing of 6-feet may not be possible.

Demand was high and Trenton and his team responded with more masks. Thank you for making a difference for individuals with brain injury.

MORE FACE MASKS AVAILABLE SOON

The Brain Injury Association of Missouri (BIA-MO) will soon be receiving more homemade facemasks for distribution to survivors of brain injury and their household members.

To request one mask per person per household, please send the following information to BIA-MO:

- Your name
- Number of requested masks (one per person per household)
- Mailing address, including apartment number
- Phone number
- Email address, if applicable

Send your request to BIA-MO by:

- Email: info@biamo.org
- Mail: BIA-MO, 2265 Schuetz Road, St. Louis, MO 63146
- Website: www.biamo.org Contact Us form

BIA-MO ANNUAL PROFESSIONAL CONFERENCE ONLINE
CONTINUED FROM PAGE 1.

In addition to these great sessions, there will be an Exhibit Hall for virtual visits with vendors, a networking reception and the availability of continuing education credits for several professional disciplines.

As an online conference, professionals who register will receive a link to the Conference website for use the days of the Conference. This link will only be for the email address used for the Professional Registration. Conference attendees will have the opportunity to ask questions of the presenter and session handouts will be available to attendees.

To recognize the impact COVID-19 is having on budgets, the Professional Registration Fee is reduced this year to $135 for BIA-MO Members and $185 for non-members.

Professionals may register for the BIA-MO 16th Annual Professional Conference at www.BIAMO.org or use the form on page 15 of this newsletter.

For more information or to receive registration information via email, contact BIA-MO at Conference@biamo.org or 1-800-444-6443.

THANK YOU BIA-MO CONFERENCE SPONSORS

Co-Host

Rehabilitation Track Sponsor

Military Veteran Farmers Track Sponsor
THE SAD STATE OF MISSOURI

The legislative actions of Missouri Governor Mike Parson and the Missouri State Senate and House of Representatives created a sad situation for Missouri.

During the final hours of the Second Regular Session of the 100th Missouri General Assembly, Senators and Representatives passed House Bill (HB) 1963 which includes the repeal of the Missouri all-rider motorcycle helmet law. Instead of vetoing this legislation, that BIA-MO has fought for years, Governor Mike Parson signed HB 1963.

Governor Parson ignored thousands of emails, calls and letters from advocates requesting a veto of HB 1963. These advocates included members of the Brain Injury Association of Missouri, healthcare associations, rehabilitation providers, safety programs and insurance companies. The diversity and quantity of opposition shows that HB 1963 is bad legislation.

HB 1963 will result in more deaths and more severe brain injuries on Missouri roadways. Wearing a motorcycle helmet reduces the risk of death by 37 percent and brain injuries by 67 percent. The loss of loved ones will be devastating. Heartache and challenges will result from what could have been preventable brain injuries.

There will also be higher costs to the State of Missouri and Missouri families.

The fiscal note of HB 1963 shows that there will be nearly $3 million in costs to the State of Missouri for much needed services for injured non-helmeted motorcyclists. The State of Missouri FY21 Budget already has a revenue gap of more than $500 million and services are being cut through “withholds” of spending.

Insurance company payouts for motorcycle crash injuries rose by 40 percent in Michigan when they weakened their motorcycle helmet law in 2012. It is reasonable to expect that will happen in Missouri and that those costs will be passed on to other motorists in the form of higher insurance costs.

The insurance coverage requirement in HB 1963 does not guarantee the motorcyclist will maintain coverage. It also does not mandate enough coverage for medical costs and lifetime care.

The results of more deaths, brain injuries and costs could have been avoided.

Additionally, HB 1963 takes away local control for the public safety and consumer protection issue of motorcycle helmet use. The bill states that no political subdivision of the state shall impose a motorcycle helmet law requirement.

Governor Parson stated that for COVID-19 the State would not overstep its boundaries and that local officials would determine when the time is right to re-open their communities. If local control is right for COVID-19, it should be right for roadway safety and insurance costs to local families.

The contradiction of policies by Governor Parson continued with his veto of Senate Bill (SB) 1854. His stated reasons for that veto were “37 different subjects, many of which did not receive a public hearing. Not all of the aforementioned subjects relate to the bill’s original purpose as required by Article III, Section 21 of the Missouri Constitution.”

These same issues apply to HB 1963 with 52 new sections enacted and no public testimony at hearings due to COVID-19 restrictions. The original purpose of HB 1963 was a “tube transport system.” The finally agreed upon bill added unrelated issues of driver’s license renewal, air freight companies’ income allocations, highway naming, RV manufacturer and dealer agreements, repeal of the Missouri all-rider motorcycle helmet law and more.

It is a sad state of affairs for Missourians when elected officials ignore public safety, tax dollars, constituent input, consistency of policies, and the Missouri Constitution.

CONTINUED ON PAGE 5

WEARING A MOTORCYCLE HELMET REDUCES THE RISK OF DEATH BY 37 PERCENT AND BRAIN INJURIES BY 67 PERCENT.

THE MISSOURI ALL-RIDER MOTORCYCLE HELMET LAW SAVED THOUSANDS OF LIVES AND PREVENTED TENS OF THOUSANDS OF BRAIN INJURIES OVER THE PAST 52 YEARS.
THE SAD STATE OF MISSOURI CONTINUED FROM PAGE 4.

Elected officials who supported HB 1963 to allow more people to die, increase the number of brain injuries and add costs to Missouri families are:

**Governor Mike Parson** – signed HB 1963 on July 14, 2020

**State Senators** (Senate Journal, page 1203, May 15, 2020)

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**State Representatives** (House Journal, page 2013, May 15, 2020)

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Mr. Speaker (E. Haahr)

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

For Sponsorship and registration information regarding these events, visit www.biamo.org, email info@biamo.org, or call the BIA-MO office at 800-444-6443 or 314-426-4024

**NETWORKING COFFEE FOR PROFESSIONALS**

Professionals who provide care for persons with brain injury learn about resources and assistance for clients, consumers and patients. Networking Coffee meetings will be online. Website link for participation provided upon receipt of registration.

**St. Louis** – Sep 1, and Dec 1, 2020 – 8:30 am – 10:00 am

**Springfield** – Aug 20, and Nov 19, 2020 – 8:30 am – 10:00 am

RSVP with Will Matus, BIA-MO Program Associate at Will@biamo.org to receive log in information.

**16TH ANNUAL STATEWIDE PROFESSIONAL CONFERENCE**

The only conference in Missouri developed to specifically address issues relating to brain injury. It is the premier educational opportunity for professionals who provide care for individuals with brain injury. The Annual Conference will be online. Website link for participation provided as part of registration confirmation.

Thursday, October 1, 2020 and Friday, October 2, 2020

**AWARDS CEREMONY AND ANNUAL MEETING**

Presentation of BIA-MO Educational Scholarships, Annual Recognition Awards and State of the Association. This event will be online. Website link for participation provided with your RSVP confirmation.

Saturday, October 10, 2020 – 11:00 am – 11:45 am
IN MY OWN WORDS

By Amy Shapiro
BIA-MO Jim & Lori Winter Scholarship Recipient, 2019
BIA-MO Courage Award Recipient 2015, self-published chapter book

In 1994 when I was eighteen months old, my family was told I had Encephalopathy, a brain tumor on my front left temporal lobe. For the first three years of my life, I could not walk or talk and had developmental delays. In 1996, there was a 50/50 chance that removing the brain tumor would stop my epileptic seizures. When my seizures were longer and more frequent, my parents rushed me to the hospital for surgery.

After surgery, I was moved into the Intensive Care Unit at St. Louis Children’s Hospital where my parents witnessed me sing my first words and take my first steps to the beat of the song. My father said, “Amy, your dark clouds have gone away. Your sunshine has come out to shine.”

Today, I am employed through Special School District in St. Louis County. I also provide Respite Services for individuals with disabilities so families have a chance to relax. I am attending graduate school at Lindenwood University to earn my master’s degree so I can provide individuals with disabilities a chance to gain their voice.

I remind my students and respite families what my boyfriend tells me: “You got this! NO, WE got this!” These words of encouragement help them realize their full potential while receiving an education. I share my story in the community to provide hope for others to see their own potential throughout the hard times they may face in life.

My dream is to help individuals be involved in their academic community, gain communication skills, feel included, and know they are important, loved, and accepted throughout their lives.

ANNUAL AWARDS – SUBMIT NOMINATION

Each year the Brain Injury Association of Missouri (BIA-MO) honors individuals and organizations that have made an outstanding contribution in the brain injury community.

The BIA-MO Annual Awards 2020 will be presented at the Awards Ceremony and Annual Meeting on Saturday, October 10. This event will be online at 11:00am.

Please nominate individuals, a group of individuals, companies or organizations you feel are deserving of a BIA-MO Award.

Courage Award
Honors the success of an individual with brain injury.

Bill Buell Memorial Award
Honors a Vocational Rehabilitation Counselor or Case Manager who has provided outstanding service to the brain injury community within or outside of his or her employment responsibilities.

Point of Light Award
Honors an individual who has provided outstanding service to persons with brain injury. Nominations must be made by an individual with brain injury.

Volunteer of the Year
Honors an individual who has furthered the Mission of the Brain Injury Association of Missouri through his or her volunteer service with the organization.

Legislator of the Year
Honors an elected official representing citizens of Missouri who has supported the prevention of brain injuries, services for survivors of brain injury or their families, or supported issues important to the brain injury community.

Service Excellence Award - Community Service
Honors an individual or organization for exceptional service within the brain injury community.

Service Excellence Award - Fundraising
Honors an individual or organization for efforts to generate financial support for services of the Brain Injury Association of Missouri.

Service Excellence Award - Prevention
Honors an individual or organization for lasting contributions in brain injury prevention.

Service Excellence Award - Public Relations
Honors an individual or organization for outreach and educational efforts that have increased awareness of brain injury, needs within the brain injury community, and the Brain Injury Association of Missouri.

Lifetime Achievement Award
Honors an individual or organization for significant contributions and long-term impact to the brain injury community.

FOR EACH NOMINATION, PLEASE PROVIDE:

- Name and contact information for the nominee
- Your name and contact information
- In 500 words or less - why you feel the person is deserving of the award and how the brain injury community has benefited from his or her efforts.

Submit Nomination by September 15, via:
Email: Courtney@biamo.org
Mail: Brain Injury Association of Missouri, 2265 Schuetz Rd, Saint Louis, MO 63146-3409
Fax: 314.426.3290
BRAIN INJURY RECOVERY STEP BY STEP

Brain injury changes life in an instant. The steps to recovery can be challenging and lifelong.

Tips Toward Help, Hope and Healing

Know You Are Not Alone. Connect with other individuals who truly understand brain injury. Participate in a brain injury support group. Contact state and community services for information and support. Find people to provide help for hope and opportunities.

Ask Questions. You have the right to understand what is anticipated, recommended and available for your brain injury recovery. Ask care and support providers for clarification. Be persistent to understand.

Keep a Journal. Use words, pictures, drawings, audio or video to record recovery progress each day. Make notes for questions. Reflect on your feelings to emotionally process the situation. Have others involved with care record their observations, feelings and questions.

Work Toward Recovery. Brain injury recovery will not be easy. Hard work is essential in therapy and during support services. Positive encouragement helps motivate loved ones. Continue learned techniques at home and in the community to enhance physical, cognitive and emotional-control gains. Never give up.

Take Care of Yourself. Make time for yourself – every day. Make time to physically and emotionally rest. Let yourself grieve over the loss of personality and abilities of the person you knew before the injury. Maintain healthy self-care of hygiene, nutrition, physical activity and sleep. Embrace love for self, family, and friends as they are today.

Recognize Realities. There is no magic wand for brain injury recovery. The brain lobe that was injured, the extent of damage and the prior health of the brain, influence recovery. The full potential reached may be different for each person injured.

Care and community providers use guidelines to determine if their services are applicable to the person injured and payment source. Government programs limit who is eligible and services provided based on funding priorities. There are gaps in services due to guidelines, limits and payment sources.

Tips Toward Adapting to Life with Brain Injury

Practice a Positive Attitude. Think about happy memories and good opportunities when faced with challenges, disappointments and bad news. Say something positive out loud for yourself and others to hear – and embrace.

Celebrate Accomplishments. Every small gain matters in the long process of brain injury recovery. Build celebration into every gain of ability or understanding of directions, conversations or surroundings. Embrace new abilities of the person injured.

Never Give Up. Keep trying when guidelines, eligibility and payment source are barriers to services. Be determined to find services and supports that are appropriate and available for your situation. Prove naysayers wrong. Keep hope and strength toward your full potential of life with brain injury.

Plan for the Future. Work with care and community providers to identify potential services early and often throughout your recovery. If one service is not applicable or available, explore other options. Prepare to be flexible. Update care plans as situations and personal abilities change. Set short and long-term obtainable goals – believe in what can be.

Share Your Experiences. Raise awareness about brain injury and its effect on your life. Share your personal story with others living with brain injury, the community and elected officials. Education and advocacy help prevent brain injuries, improve recognition of undiagnosed brain injuries, increase awareness of service gaps and inform survivors and families that help is available.

RESOURCES
SUPPORT
DETERMINATION
HELP & HOPE
KNOWLEDGE
QUESTIONS

Help is available. Hope is essential. Healing is ahead.

Brain Injury Association of Missouri
1-800-444-6443
info@biamo.org www.BIAMO.org
2265 Schuetz Road, St. Louis, MO 63146
Facebook.com/BIA.Missouri
Twitter.com/BIA_Missouri
Thank you to the hundreds of survivors, family members and professionals who shared their experiences, lessons-learned and expertise for the development of the BIA-MO Brain Injury Recovery Step-by-Step resource.

The intent of this resource is to provide a general overview of the stages of brain injury recovery from trauma to adjustment of life with brain injury. The information is based on the abilities and functioning of the person injured. It is not intended as a directory of community-based resources. The resources listed are starting points to services and supports.

Every brain injury is different and the specific needs, challenges and options are different for each person. There is no timeline for each stage of recovery. And there is no right or wrong way to progress through the stages of recovery. The starting point of the recovery stages and accessing services vary for each person.
Life with brain injury is a journey with challenges, life-changes and accomplishments. It is important to seek help, embrace hope, and plan for healing. Please share this BIA-MO Brain Injury Recovery Step-by-Step resource with individuals and families living with brain injury. This information is also available as a printed brochure and may be downloaded at www.biamo.org.

This information does not replace medical care, specialist advice or community supports. Consult care providers regarding your specific situation and needs.

The Brain Injury Association of Missouri Information & Referral Service can be reached at 1-800-444-6443.
Recovery & Rehabilitation Resources

Brain Injury Association of Missouri
Help and hope to create a quality life with brain injury through:
Support | Referral Service, Support Groups
Education | Survivor & Family Seminars, Professional Conference, Concussion Education
Recreation | Survivors Camp, Social Activities
Advocacy | Prevention of Brain Injury, Access to Services

1-800-444-6443
info@biamo.org
www.BIAMO.org
2265 Schuetz Road
St. Louis, MO 63146

DHSS Adult Brain Injury Program (ABI)
Assistance with locating, coordinating and purchasing rehabilitation and psychological services for individuals, ages 21 to 65, who are living with a traumatic brain injury (TBI).

Missouri Dept. of Health and Senior Services
Adult Brain Injury Program
1-800-451-0669
http://www.health.mo.gov
PO Box 570
Jefferson City, MO 65102

Department of Mental Health—Division of Developmental Disabilities
Brain injury is classified as a developmental disability when it occurs at age 21 or younger. DMH Regional Centers offer:
Information Specialists | Assist with Medicaid enrollment, condition-specific resources, and educational material.
Support Coordination | Develop plan and help access community, school, residential or direct support resources for individual goals. Available in some Missouri counties.

1-800-364-9687
ddm@dmh.mo.gov
www.dmh.mo.gov
1706 East Elm Street
Jefferson City, MO 65101

Community Life Resources

Missouri AgrAbility Project, University of Missouri Extension
Offering solutions to help farmers with disabilities and their families succeed by:
Services Determination | Identifies agencies of eligible services
On-Site Farm or Ranch Assessments | Recommends effective and safe solutions to help overcome limitations
Educational Resources | Provides individualized information to support personalized goals
Peer Support Networks | Connects farmers and ranchers to promote agricultural and rural independence.

1-800-995-8503
AgrAbility@missouri.edu
www.agrability.missouri.edu
University of Missouri—Missouri AgrAbility Project
221 Agricultural Engineering Bldg.
Columbia, MO 65211-5200

Vocational Rehabilitation
Employment and training services for individuals with disabilities to be successfully employed within the community via:
Vocational Guidance and Counseling | Interests, abilities and opportunities assessed
Training | Vocational skills development, job-seeking assistance and keeping a job
Employment | Placement, supported employment and transition from school to work
Rehabilitation Technology | Assistive equipment and technology for employment success

1-877-222-8963
info@vr.desed.mo.gov
www.desed.mo.gov
205 Jefferson St.
Jefferson City, MO 65101

This project was supported, in part by grant number 90TBSS0040-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

These materials are based in part upon work supported by the National Institute of Food and Agriculture (NIFA), United States Department of Agriculture, under sponsored project number 2018-41500-22323.

Copyright 2020
Brain Injury Association of Missouri, Inc.
AgrAbility increases the likelihood that individuals with disabilities and their families engaged in agriculture become more successful. The program links the University of Missouri Extension with Lincoln University Cooperative Extension and the Brain Injury Association of Missouri to provide practical education and assistance that promotes independence in agricultural production and rural living. The National Institute of Food and Agriculture (NIFA); an agency of the United States Department of Agriculture (USDA), in Missouri, AgrAbility works in partnerships to offer free statewide services such as:

- Identifying farmers, ranchers, or farm workers with disabilities by referring them to appropriate resources;
- Providing technical one-on-one assistance with recommendations about adaptive farm equipment, tools and machinery;
- Providing information on how to modify farm operation, farm equipment, farm machinery and buildings;
- Providing agriculture-based education to help prevent secondary injury;
- Providing training to help farmers and ranchers with disabilities; and
- Coordinating peer support networks.

**Eligibility**
All farmers and ranchers eligible for services who have any type of disability and/or chronic disease, whether it is physical, cognitive, or illness-related.

**Contact**
If interested in learning about how you can receive AgrAbility services, please call us at **1.800.995.8503**. You can also visit [http://agrability.missouri.edu](http://agrability.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 2018-41590-22323.
Many survivors of brain injury, their families and caregivers are at high risk of COVID-19. Based on CDC information, there are simple adjustments that can help reduce the risk of spreading and contracting COVID-19. We are all in this together and simple adjustments will benefit us all.

**COVID-19 GUIDELINES**

- Stay 6 Feet Apart
- Avoid Touching Your Face
- Wear a Clean Face Covering
- Wash Your Hands
- Monitor Signs of Illness
- Avoid Close Contact with Sick People
- Clean Surfaces Frequently
- No Gatherings of More Than 10
- Stay at Home if Sick or in Contact with Sick Person
- Cover Your Cough or Sneeze with Tissue or Elbow

**DO YOUR PART**

- Face coverings should be worn over your nose and mouth, unless a health condition makes it difficult to breathe while wearing the mask.
- Maintain 6-foot physical distance while with others who live outside of your home.
EDUCATIONAL SCHOLARSHIPS AVAILABLE

The Brain Injury Association of Missouri (BIA-MO) is pleased to offer educational scholarships for survivors of brain injury to pursue post-secondary education.

SSM Health Rehabilitation Network Educational Scholarship
Corporate scholarship of SSM Health Rehabilitation Network-Select Medical Partnership to assist survivors of brain injury on their road of recovery through encouragement and support for post-secondary education. The SSM Health Rehabilitation Network Scholarship program offers two (2) $750 post-secondary educational scholarships for survivors of brain injury.

Jim and Lori Winter Educational Scholarship
Honors the long-time volunteer leadership of Jim and Lori Winter for strengthening the Brain Injury Association of Missouri. Lori continues her volunteer service as a Support Group Facilitator for two groups. Donations to BIA-MO support the Jim and Lori Winter Educational Scholarship Fund to provide two (2) $750 scholarships for survivors of brain injury to pursue post-secondary education.

Griggs Injury Law Educational Scholarship
Corporate scholarship of Griggs Injury Law, LLC to assist survivors of brain injury in Western Missouri and Kansas counties of Johnson and Wyandotte. The Griggs Injury Law Educational Scholarships will provide two (2) $750 scholarships to support post-secondary education.

BIA-MO Education Scholarship Application Guidelines

- **BIA-MO Scholarship Application Cover Sheet:** Applicant completes only one Application Cover Sheet for submission for the Jim and Lori Winter Scholarship, Griggs Injury Law Scholarship and the SSM Health Rehabilitation Network Scholarship. All applicants will be considered for each of the scholarships.
- **Supporting Material:**
  - Application Essay: Up to 500 words by the survivor of brain injury sharing how and when his or her brain injury occurred, challenges that have resulted, and education status, successes and goals. This essay should include the applicant’s educational plans and how the BIA-MO Scholarship program will assist in reaching the goals.
  - Two letters of reference from individuals familiar with applicant’s abilities and education/training goals such as a teacher, rehabilitation therapist, counselor, or employer
  - Acceptance Verification: showing acceptance to participate in education/training program of choice
- **Deadline for Application Cover Sheet and Supporting Material is September 15, 2020**

 Eligibility:

- These scholarships are only eligible to survivors of brain injury for post-secondary education which includes two-year colleges, four-year colleges or universities, and vocational and trade school educational institutions.
- Scholarship funding can only be used for expenses directly related to post-secondary education. Allowable expenses include tuition, room and board, books, required class material such as workbooks, specialized tools, etc. The scholarship payment will be sent directly to the educational institution.
- Awards will be recognized at the BIA-MO Annual Meeting and Awards Ceremony on Saturday, October 10, 2020. This event will be online at 11:00am.

Submit application to:
Mail: Brain Injury Association of Missouri, Inc.
2265 Schuetz Road, Saint Louis, MO 63146-3409
Fax: 314.426.3290
Email: info@biamo.org
Online: www.biamo.org
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/](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.
BRAIN INJURY WAIVER ACCEPTING APPLICATIONS

The Missouri Department of Health and Senior Services recently announced that referrals for the Brain Injury Waiver (BIW) in Missouri are now being accepted.

The BIW program provides service coordination and home and community-based services to MO HealthNet recipients ages 21 to 65 who are living with a traumatic brain injury (TBI). Individuals must require medical care equivalent to the level of care received in a nursing home, not be enrolled in another waiver, and have been diagnosed with a TBI.

Service Coordination components include:

• Evaluation and assessment of needs
• Identifying and accessing service providers
• Service plan development and implementation
• Coordination of services through resource identification and referral
• Family support
• Assisting in establishing a medical home
• Transition planning

Prior Authorization of medically necessary services, including:

• Personal Care
• Applied Behavioral Analysis
• Assistive Technology
• Cognitive Rehabilitation Therapy
• Environmental Access and Modification
• Neuropsychological Evaluation
• Occupational Therapy
• Physical Therapy
• Speech Therapy

The Brain Injury Waiver has appropriations to serve 20 individuals with TBI. Additional individuals will be placed on a BIW waiting list for services.

Contact the DHSS Bureau of Special Health Care Needs at 800-451-0669 to speak with a BIW Service Coordinator to obtain more information or to begin the referral process.

BIA-MO FALL 2020 ONLINE PROGRAMS REGISTRATION

Professional Conference,
Thursday, October 1 - Friday, October 2, 2020

Non-Member BIA-MO Conference Fee $185 x ____ = $_______
BIA-MO Member Conference Fee $135 x ____ = $_______
Family Member $75 x ____ = $_______
Survivor $60 x ____ = $_______
Student $65 x ____ = $_______

Professional Conference Sponsorship
Co-Host Sponsor $10,000 = $___________
Track Sponsor $5,000 = $___________
Awards Ceremony Sponsor $3,000 = $___________
Keynote Sponsor $1,000 = $___________
Break Sponsor $500 = $___________
Professional Conference Exhibitor $300 = $___________

Awards Ceremony and Annual Meeting, Saturday, October 10, 2020

Awards Ceremony and Annual Meeting FREE x ____
Reservations are required for all online programs. Website link will be sent the week of the event for participants to join by computer or smartphone.

Contact and Payment
BIA-MO Membership Gift ___________________ = $_____
Additional Donation to support BIA-MO programs _____ = $_____

PAYMENT OPTIONS

□ Enclosed is check/money order payable to BIA-MO for $______
□ Please invoice me
□ Please charge my Visa/MC/Disc/American Express
Name on Card: _______________________________________
Card #: _____________________________________________
Exp. Date: __________________ CVV Code (on back): __________
Cardholder Billing Address/Zip: _______________________

Contact Information
Name_________________________Phone: (____) _____________
Company/Agency _______________________________________
Address ________________________________________ Apt.
City__________________________State____ Zip Code ________
Phone _____________________ Alt. Phone___________________
Name(s) and email of attendee who will use a separate computer/smartphone to participate: _________________________________

Complete and submit to BIA-MO by September 20, 2020
BIA-MO, 2265 Schuetz Rd., Saint Louis, MO 63146-3409
Fax: 314.426.3290 • Online registration available at www.biamo.org
VIRTUAL BOWLING EVENT PROVIDES REAL SERVICES

Bowling for Brain Injury was a virtual event this year to support the Brain Injury Association of Missouri (BIA-MO). Bowlers and Teams raised more than $22,500 to address real needs of survivors of brain injury and families.

Event proceeds will provide BIA-MO Information & Referral Services and Support Groups for individuals and families to help answer questions and face challenges of life with brain injury. Team fundraising will increase awareness of the need for the prevention of brain injuries and the availability of services.

Survivors of brain injury and their families are not alone. Bowling for Brain Injury Teams Stick with them as the Sargent Club to Move to Strike out brain injury. Teams help spare individuals the feelings of being in the Gutter as they are Rehab Rollers. The real Green donated by hundreds of individuals and companies provide Keeley’n feelings for Lake Life.

Thank You Bowling for Brain Injury – Missouri Teams Who Raised $1,000 or More

Top Fundraising Teams
- Sargent Strike Club - $4,000
- SSM Rehab Gutter Girls - $2,205
- Injury Lawyers Move to Strike - $1,732
- Keeley’ns for BIA - $1,245
- SSM Lake Life Bowlers - $1,113
- Green Team - $1,095
- STICKNATION - $1,060
- Mercy Rehab Rollers - $1,000

THANK YOU BOWLING FOR BRAIN INJURY – MISSOURI SPONSORS

KingPin Sponsor
Missouri Foundation for Health

Lane Sponsors
GREAT SOUTHERN BANK
Kelle’ Lane Family

Strike Sponsors
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of St. Louis
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WEST COMMUNITY SCHOOL NURSES
St. Louis Suburban School Nurses