



**Rehabilitation Institute
of Michigan**

Detroit Medical Center / Wayne State University

**THINKING
CAP**

**A Newsletter Especially for Southeastern Michigan
Traumatic Brain Injury System Participants and their Families**

Spring/Summer 2004

Information You Can Use

The Southeastern Michigan Traumatic Brain Injury System (SEMTBIS) at Rehabilitation Institute of Michigan (RIM) offers many resources, activities, support, and opportunities for persons with traumatic brain injury (TBI) and their families. SEMTBIS staff members work with Brain Injury Association of Michigan (BIAMI), Michigan's TBI Advisory Committee, and other local groups to create and provide products and services for survivors, families, caregivers and health care professionals. Your interest and involvement is important for SEMTBIS to be successful. Research staff also perform many educational activities, not described in this newsletter, such as:

- * Writing articles for medical journals
- * Presentations at local, state, and national meetings for students, professionals, patients and their families
- * Creation and maintenance of the SEMTBIS website (www.semtbis.org)

This issue of "Thinking Cap" focuses on some of the ongoing and upcoming events, as well as some of the services and products available to you. Information on the Annual Expo and Job Fair, the new RIM TBI support group, the BIAMI Summer conference, and the Michigan Resource Guide (MRG) and other community events are described in this newsletter.

If you have any questions, need more information, or want to share comments or ideas with SEMTBIS staff, please contact us. You can call Debbie Wood at (313) 745-1188 or Carole Koviak at (313) 745-9737. We would love to hear from you. By letting us know what you need, like, and dislike we are able to offer you the programs, services, support and resources that you need and want.

THANK YOU FOR YOUR PARTICIPATION IN SEMTBIS

We hope to hear from you and see you at some of the upcoming events!

SPRING & SUMMER

www.semtbis.org

Rehabilitation Institute of Michigan's

10TH ANNUAL

Living *without* Limitations Expo & Job Fair

The Living *without* Limitations Expo and Job Fair was held on May 6th at the Cobo Conference Center in downtown Detroit. Over 800 people attended the Expo this year. The Expo and Job Fair offered information, education, services and opportunities to individuals, families, professionals and the community on ways to overcome or reduce the physical, emotional and/or cognitive challenges that face many individuals with disabilities.

The Expo also provided:

- Over 100 companies presenting their latest products, equipment or services
- The largest display of conversion vans & transportation products in Michigan
- The latest in recreational equipment specially designed for persons with disabilities
- Product demonstrations
- Job Fair for persons with disabilities

This year's Expo was a **BIG** success, but next year is sure to be even bigger and better. Details about the 2005 event will appear in this newsletter and on the RIM website at www.RIMrehab.org when they are available.

*Living without Limitations -
The Power of Rehab*

2nd Annual "Strategies for Living" Summer Conference

The "Strategies of Living" conference is a new program offered by the Brain Injury Association of Michigan (BIAMI). This conference is *exclusively* for persons with brain injury and their family members.

This year's conference was held June 4th in Lansing. Art, movement, music, relaxation, self-advocacy, forming circles of support, and the importance of laughter were the session topics. The day was fun-filled and participants learned a lot.

For more information about programs and services offered by the BIAMI, including the upcoming **24th Annual Conference to be held on October 7-8, 2004**, please call:

(810) 229-5880

or visit the BIAMI website at:

info@biami.org



ANNUAL PARTICIPANT APPRECIATION DAY

This event is a favorite for staff, as well as study participants and their families. Participant Appreciation Day is a great opportunity to hear about the exciting TBI research going on at RIM, to meet SEMTBIS staff, visit with the RIM brain injury team, give SEMTBIS staff feedback on how the grant helps you or could be improved, and create new friendships with other people that are living with TBI.

The Annual Participant Appreciation Day will take place on **Friday, July 23rd** at RIM. An invitation will be sent to your home with the details.

Hope to see you there!

Thinking Cap is published by the Southeastern Michigan Traumatic Brain Injury System to inform persons with brain injury and their families about community resources, health and prevention issues, and current research. Your comments, submissions, and questions are welcome.

Thinking Cap was developed under a grant (H133A020515) from the National Institute on Disability and Rehabilitation Research (NIDRR) in the U.S. Department of Education's Office of Special Education and Rehabilitative Services (OSERS). However, these contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal government.

IMPORTANT NUMBERS

Appointment Scheduling.....313-745-1160
Brain Injury Association of Michigan.....1-800-772-HEAD
DMC Rehab Center – Novi.....248-305-7575
SEMTBIS Coordinator, Carole Koviak, RN.....313-745-9737
Jobs – Don Owens.....313-993-2852
RIM Outpatient Social Work, Marge McIntyre.....313-745-0526
Questions for your Doctor.....313-745-9737*
SEMTBIS website.....www.semtbis.org

*** Leave a message and the coordinator will return your call
with an answer to your question.**

SUPPORT GROUPS

Brain Injury Association of Michigan (BIAMI)

Local Meetings

BIAMBI is a non-profit organization that brings together persons with brain injury, their family and friends, concerned professionals and their communities. The goal of the BIAMI is to enhance lives after brain injury through support and education, and to increase public awareness. You do not need to be a BIA member to attend the support group meetings.

Support group meetings are held at the following locations:

Detroit-Wayne County Chapter

Contact: Roderick Arnold - (313) 885-3009
Date: 3rd Wednesday of each month
Time: 6:00 p.m.
Place: **Rehabilitation Institute of Michigan**
261 Mack Blvd., Room #813
Detroit

Downriver Chapter

Contact: Sheri Fricke - (734) 281-3960 or (734) 552-6077
Date: 3rd Monday of each month
Time: 7:00 pm
Place: Wyandotte Hospital, Meeting Room A
 2333 Biddle, Wyandotte

Macomb Chapter

Contact: Marty Zobrovitz - (586) 774-0135
Date: Last Wednesday of each month
Time: 7:00 p.m.
Place: Education Service Center
 44001 Garfield Road, Mt Clemens

Wayne-Oakland Chapter

Contact: Sol Baltimore - (248) 569-3633
Date: 2nd Thursday of each month
Time: 7:30 p.m.
Place: Botsford Administration Bldg
 20850 Grand River, Farmington Hills

**** Information on other BIAMI support group meetings can be found at: <http://www.biausa.org> or by calling BIAMI at: (800) 722-4323.**

Alcoholics/Narcotics Anonymous Meetings (AA/NA)

“AA is a fellowship of men and women who share their experience, strength, and hope with each other, so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.”

Meetings are held every Wednesday at 6:00 p.m. at RIM in room 825.

For more information, call 313-831-5550

or

Visit the AA website at: <http://www.alcoholics-anonymous.org>

Attention brain injury survivors...

The Rehabilitation Institute of Michigan has a support group especially for you.

Here are 5 reasons to join RIM's Brain Injury Support Group:

1. Meet interesting people and share stories.
2. Learn more about TBI, care issues and available resources.
3. Form new friendships.
4. Develop new skills to deal with daily challenges.
5. We're going to have **FUN!!**

May's meeting was a huge success. Participants had a great time and learned about two local programs for persons with disabilities. In honor of the start of the baseball season, hotdogs were served and we played sports trivia. Myreo from RIM's SportsAbility program and Quintin from the Center for Community Access also gave presentations about their programs.

If you are interested in attending the next meeting and/or want more information, please call: Julie Raikes, Speech Language Pathologist (313) 966-8072.

We have lots of **GREAT** ideas for future meetings and social activities, so please plan to join us.

We look forward to seeing you at the next meeting!

MICHIGAN RESOURCE GUIDE (MRG) & TBI BROCHURES

Through SEMTBIS' involvement with Michigan's TBI Advisory Group, SEMTBIS staff has assisted in the creation and distribution of the **"Michigan Resource Guide (MRG) for Persons with Traumatic Brain Injury and Their Families"**. The purpose of the MRG is to connect people with state and local services. The guide presents information on financial aid, housing, medical care insurance or aid, housing, education, vocational rehabilitation, legal aid and advocacy, mental health and transportation services.

Two brochures are also available. **"Resources for Persons with Brain Injury and their Families"** offers a list of some common characteristics of brain injury and information on available support services in Michigan. Also included are suggestions for agencies or organizations to contact to obtain more information on needed services as well as current contact information for those organizations. **"Important Information about Working with Persons with Brain Injury and their Families"** offers some tips to help service providers to identify and work with persons with TBI. It includes a list of some common characteristics of brain injury and suggestions for helping individuals with brain injuries find and access the services they need.

The guide and brochures are **FREE** and can be accessed and printed from the Michigan Department of Community Health (MDCH) website at <http://www.michigan.gov/mdch> (search for "Traumatic Brain Injury") or by contacting the BIAMI at (800) 772-4323. Limited copies are also available at RIM's Learning Resource Center on the 5th floor or by contacting Debbie Wood, SEMTBIS Community Outreach Coordinator at (313) 745-1188.

All of the materials are available in English, Spanish and Arabic.